

# Autumn / Winter Menu Week 3

 3<sup>rd</sup> & 24<sup>th</sup> Nov, 15<sup>th</sup> Dec, 12<sup>th</sup> Jan, 2<sup>nd</sup> & 23<sup>rd</sup> Feb, 16<sup>th</sup> March

| WEEK THREE                           | FAVOURITES MONDAY  | WORLD TUESDAY  | ROAST WEDNESDAY  | PIZZA PARTY THURSDAY   | FISH FRIDAY  |
|--------------------------------------|--|--|--|--|--|
| Main Meal Option 1                   | Beef Burger with Home-baked Potato Wedges  | Mild Chicken Curry served with Mixed Rice<br>                     | Roast Gammon, Gravy, Stuffing & Mashed Potato/Roast Potatoes   | Margherita Pizza with Home-baked Potato Wedges<br>                | MSC Fish Fingers & Chips   |
| Main Meal Option 2                   | Vegetable Burger with Home-baked Potato Wedges <sup>VG</sup><br>  | Spinach & Sweet Potato Curry <sup>VG</sup><br>                    | Quorn Grill, Gravy, Stuffing & Roast Potatoes<br>                 | Sweet & Sour Vegetables & Sunny Rice <sup>VG</sup><br>            | Cheesy Egg Muffins & Chips   |
| Vegetables                           | Sweetcorn, Baked Beans<br>  | Broccoli, Cauliflower & Carrots<br>                               | Seasonal Greens & Carrots<br>                                     | Broccoli or Sweetcorn<br>   | British Red Tractor Garden Peas, Baked Beans<br>                  |
| Baked Jacket Potatoes                | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> |
| Dessert<br>(Yr2, Yr3, Yr4, Yr5, Yr6) | Chocolate Oaty Slice <sup>VG</sup>   | Syrup Sponge Pudding & Custard   | Apple & Cinnamon Rolls<br>  | Vanilla Cookie & Fruit Slices <sup>VG</sup><br>                   | Iced Sponge Cake with Sprinkles  |
| Dessert<br>(Reception & Yr1)         | Yoghurt & Fruit  | Yoghurt & Fruit  | Yoghurt & Fruit  | Yoghurt & Fruit  | Yoghurt & Fruit  |

Available Daily: Pick &amp; Mix Selection, Salad, Fresh Bread, Fresh Fruit &amp; Yoghurt