# Menu Week

16th November, 7th December

| WEEK TWO | FAVOURITES MONDAY | WORLD TUESDAY | ROAST WEDNESDAY | PLANET PIZZA THURSDAY | FISH FRIDAY |
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| **Main Meal Option 1** | Sausage & Mash with Gravy | Beef Lasagne with Garlic Bread | Roast Gammon, Gravy, Yorkshire Pudding & Roast Potatoes | Rainbow Vegetable Pizza with Homemade Wedges | Battered Pollock & Chips |
| **Main Meal Option 2** | Veggie Sausage & Mash with Gravy VG | Plant-based Lasagne with Garlic Bread | Pasta Twists and Plant-based Meatballs in an Arrabbiata Sauce VG with Garlic Bread | Cheese & Spring Onion Loaded Potato Skins | Mexican Enchilada & Chips |
| **Vegetables** | Broccoli, Sweetcorn & Baked Beans | Broccoli, Cauliflower & Carrots | Seasonal Greens & Carrots | Garden Peas & Sliced Carrots | Garden Peas & Baked Beans |
| **Baguettes** | Freshly Made Baguette with Cheddar, Tuna Mayonnaise or Ham | | | | |
| **Pasta Pot** | Pasta Pot with Tomato Sauce, Cheese or Tomato Sauce & Cheese | | | | |
| **Baked Jacket Potatoes** | Jacket Potato with Beans VG Cheesy Beans, Tuna Mayo or Cheese | | | | |
| **Dessert** | Banana Bread Cookie | Raspberry Jelly & Fruit Slices VG | Chocolate Mousse | Fruit Slices & Flapjack VG | Chocolate Crunch |

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

Portion(s) of fruit or veg | Source of wholegrain | Contains plant-based proteins | 50% fruit | Oily fish | Vegan VG

**England's target for 'free sugar' intake for your child**

Recommended fruit and vegetable portion sizes are calculated using School Food Standards.
On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.