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WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Meatballs in Sauce & Sunny Rice 	Beef Lasagne & Garlic Bread 	Roast Gammon, Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Tomato Pasta Salad 	MSC Fish Fingers & Chips
Vegetarian Option	Sweet & Sour Veggie Meatballs & Sunny Rice ^{VG} 	Cheesy Tomato Pasta Bake 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheese Flan & Home-baked Potato Wedges	Crispy Vegetable Fingers & Chips ^{VG}
Vegetables	British Red Tractor Garden Peas, Baked Beans 	Broccoli, Cauliflower & Carrots 	Broccoli, Carrots & Sweetcorn 	British Red Tractor Garden Peas or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 
Dessert	Strawberry Mousse & Fruit Slices 	Chocolate Cookie & Orange Wedges ^{VG} 	Vanilla Cupcake	Chocolate Crunch 'Concrete' ^{VG} & Chocolate Sauce	Homemade Jam Sponge & Custard

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