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WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option	Burger with Potato Wedges 	Sweet & Sour Chicken with Yellow Rice 	Roast Chicken Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad 	Fish Fingers & Chips 
Vegetarian Option	Vegetable Burger with Potato Wedges 	Pasta Twists in a Tomato & Basil Sauce 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cauliflower, Sweet Potato & Lentil Curry with Rice ^{VG} 	Vegetable Fingers & Chips ^{VG}
Vegetables	Sweetcorn & Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens, Carrots & Salad 	Broccoli, Sweetcorn & Coleslaw 	Garden Peas & Baked Beans 
Baked Jacket Potatoes	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese 	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese 	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese 	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese 	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese 
Dessert	Chocolate Cookie ^{VG}	Pineapple Upside Down Cake & Custard 	Orange Jelly ^{VG}	Chocolate & Apple Cake 	Iced Sponge Cake with Sprinkles

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
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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.