

Autumn/Winter Menu

Athelstan Primary School



WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 th Oct, 10 th Nov, 1 st Dec, 22 nd Dec, 19 th Jan, 9 th Feb, 2 nd Mar, 23 rd Mar	Main Meal Option	Red Tractor Pork Sausage Roll & Jacket Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Jacket Wedges	Fish Fingers & Chips
	Vegetarian Meal Option	Macaroni Cheese	Italian Quorn Meatballs served with Pasta ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Sausage in a Bun with Jacket Wedges ^{VG}	Vegetable Fingers & Chips with Ketchup ^{VG}
	Halal Option	Halal Chicken Sausage Roll & Jacket Wedges	Chicken Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Jacket Wedges	
	Vegetables	Baked Beans & Sweetcorn	Mixed Salad or Broccoli	Seasonal Greens & Carrots	British Red Tractor Garden Peas, Sweetcorn Tuna	British Red Tractor Garden Peas, Baked Beans Cheese
	Sandwiches	Cheese	Tuna	Cheese		
	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, Cheese, Salmon Mayo, or Beans
Dessert	Vanilla Shortbread ^{VG} & Chocolate Sauce	Chocolate & Pear Crumble ^{VG} & Custard	Strawberry Jelly ^{VG}	Oaty Date Cookie	Vanilla Ice Cream	
WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 th Oct, 27 th Oct, 17 th Nov, 8 th Dec, 5 th Jan, 26 th Jan, 16 th Feb, 9 th Mar	Main Meal Option	Pork Sausage & Mash with Gravy	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges	MSC Battered Pollock & Chips
	Vegetarian Meal Option	Veggie Sausage & Mash with Gravy ^{VG}	Plant-based Pasta Bolognese & Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Vegetable Chilli & Sunny Vegetable Rice ^{VG}	Cheese Flan & Chips
	Halal Option	Halal Chicken Sausage & Mash with Gravy	Halal Red Tractor Lamb Bolognese & Garlic Bread	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges	
	Vegetables	Broccoli, Sweetcorn or Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	British Red Tractor Garden Peas, or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
	Sandwiches	Cheese	Tuna	Cheese	Tuna	Cheese
	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	Shortbread Pin Wheels & Fruit Slices ^{VG}	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard	Flapjack ^{VG}	Chocolate Mousse	
WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 th Oct, 3 rd Nov, 24 th Nov, 15 th Dec, 12 th Jan, 2 nd Feb, 23 rd Feb, 16 th Mar	Main Meal Option	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad	MSC Fish Fingers & Chips
	Vegetarian Meal Option	Vegetable Burger with Home-baked Potato Wedges ^{VG}	Vegetable Sausage Hotdog served with Home-baked Wedges	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Boston BBQ Five Bean Stew with Sunny Rice	Crispy Vegetable Fingers & Chips ^{VG}
	Halal Option	Lamb Burger with Home-baked Potato Wedges	Halal Mild Chicken Curry served with Mixed Rice	Roast Chicken, Gravy Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad	
	Vegetables	Sweetcorn, Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Broccoli or Sweetcorn	British Red Tractor Garden Peas, Baked Beans
	Sandwiches	Cheese	Tuna	Cheese	Tuna	Cheese
	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	Chocolate Oaty Slice ^{VG}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls	Vanilla Cookie & Fruit Slices ^{VG}	Iced Sponge Cake Topped with a Glace Cherry	

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.