

Autumn/Winter Menu

Porter Croft CofE Primary Academy



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
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 & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Sunny Rice	Fish Fingers & Chips
	Vegetarian Meal Option	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Macaroni Cheese	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Sausage in a Bun with Sunny Rice ^{VG}	Vegetable Fingers & Chips with Ketchup ^{VG}
	Halal Option	Halal Chicken Sausage Roll & Home-baked Potato Wedges	Halal Chicken Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Sunny Rice	
	Vegetables	Baked Beans or Sweetcorn	Carrots & Broccoli	Country Mix & Carrots	British Red Tractor Garden Peas & Sweetcorn	British Red Tractor Garden Peas or Baked Beans
	Sandwiches	Cheese	Tuna Mayo	Cheese	Tuna Mayo	Cheese
	Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, 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	
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 Gammon with Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Sunny Rice	Battered Pollock & Chips
	Vegetarian Meal Option	Veggie Sausage & Mash with Gravy ^{VG}	Macaroni Cheese	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Loaded Potato Skins with Cheese & Spring Onion With Sunny Rice	Tuna Mayo & Melted Cheese on a Warm Baguette
	Halal Option	Halal Chicken Sausage & Mash with Gravy	Halal Red Tractor Lamb Pasta Bolognese & Garlic Bread	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Sunny Rice	
	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 Mayo	Cheese	Tuna Mayo	Cheese
	Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese or Beans
	Dessert	Shortbread Pin Wheels & Fruit Slices ^{VG}	Chocolate Fudge Cake	Jelly with Fruit Slices	Flapjack ^{VG}	Chocolate Mousse
WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
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 in a Bun with Home-baked Potato Wedges & Ketchup	Mild Chicken Curry served with Mixed Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Sunny Rice	Fish Fingers & Chips
	Vegetarian Meal Option	Vegetable Burger in a Bun with Home-baked Potato Wedges & Ketchup	Macaroni Cheese	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Sweet & Sour Vegetables & Sunny Rice ^{VG}	Cheese & Onion Roll with Chips & Ketchup
	Halal Option	Lamb Burger in a Bun with Home-baked Potato Wedges & Ketchup	Halal Mild Chicken Curry served with Mixed Rice	Roast Chicken, Gravy Stuffing & Roast Potatoes	Margherita Pizza with Sunny Rice	
	Vegetables	Sweetcorn, Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Broccoli or Sweetcorn	British Red Tractor Garden Peas, Baked Beans
	Sandwiches	Cheese	Tuna Mayo	Cheese	Tuna Mayo	Cheese
	Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese or Beans
	Dessert	Chocolate Oaty Slice ^{VG}	Syrup Sponge Pudding & Custard	Jelly with Fruit Slices	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
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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.