

Autumn/Winter Menu Lowfield Community Primary School



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	Wholemeal Tomato & Cheese Pizza & Pasta Salad	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Roast Chicken with Gravy, Stuffing & ½ Mashed Potato, ½ Roast Potatoes	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	MSC Fish Fingers & Chips
	Vegetarian Meal Option	Vegetable Sausage in a Bun with Pasta Salad	Italian Quorn Meatballs served with Pasta ^{VG}	Quorn Grill, Gravy, Stuffing & ½ Mashed Potato, ½ Roast Potatoes	Macaroni Cheese	Cheese Flan & Chips
	Halal Option	Wholemeal Tomato & Cheese Pizza & Pasta Salad	Halal Chicken Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes	Halal Chicken Sausage Roll & Home-baked Potato Wedges	MSC Fish Fingers & Chips
	Vegetables	British Red Tractor Garden Peas, Sweetcorn	Mixed Salad or Broccoli	Seasonal Greens & Carrots	Baked Beans & 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, Cheese, Salmon Mayo, or Beans
	Dessert	Oaty Date Cookie	Chocolate & Pear Crumble ^{VG} & Custard	Strawberry Jelly ^{VG}	Vanilla Shortbread ^{VG} & Chocolate Sauce	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	Wholemeal Margherita Pizza & Potato Wedges	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Pork Sausage & Mash with Gravy	MSC Battered Pollock & Chips
	Vegetarian Meal Option	Vegetable Chilli & Sunny Vegetable Rice ^{VG}	Plant-based Pasta Bolognese & Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Veggie Sausage & Mash with Gravy ^{VG}	Cheese Flan & Chips
	Halal Option	Wholemeal Margherita Pizza & Potato Wedges	Halal Red Tractor Lamb Pasta Bolognese & Garlic Bread	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Halal Chicken Sausage & Mash with Gravy	MSC Battered Pollock & Chips
	Vegetables	British Red Tractor Garden Peas, or Sliced Carrots	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Broccoli, Sweetcorn or Baked Beans	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	Flapjack ^{VG}	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard	Shortbread Pin Wheels & Fruit Slices ^{VG}	Ice Cream
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	Margherita Pizza with Pasta Salad	Mild Chicken Curry served with Mixed Rice	Roast Chicken with Gravy, Stuffing & ½ Mashed Potato, ½ Roast Potatoes	Beef Burger with Home-baked Potato Wedges	MSC Fish Fingers & Chips
	Vegetarian Meal Option	Macaroni Cheese	Vegetable Sausage Hotdog served with Home-baked Wedges	Quorn Grill, Gravy, Stuffing & ½ Mashed Potato, ½ Roast Potatoes	Vegetable Burger with Home-baked Potato Wedges ^{VG}	Cheese & Onion Roll with Chips & Ketchup
	Halal Option	Margherita Pizza with Pasta Salad	Halal Mild Chicken Curry served with Mixed Rice	Roast Chicken, Gravy Stuffing & ½ Mashed Potato, ½ Roast Potatoes	Lamb Burger with Home-baked Potato Wedges	MSC Fish Fingers & Chips
	Vegetables	Broccoli or Sweetcorn	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Sweetcorn, Baked Beans	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	Vanilla Cookie & Fruit Slices ^{VG}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls with Custard	Chocolate Shortbread	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.