

Autumn/Winter Menu 2022



with **The Greens**

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 - 31/10/2022, 21/11/2022, 12/12/2022				
Cheese and Tomato Pizza with a Half Jacket Potato	Chicken and Vegetable Noodle Stir Fry	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Bolognese with Pasta Twists	Fish Fingers with Tomato Sauce and Chips
Vegetable Chilli with a Jacket Potato or Rice	Vegetable Hot Dog in a Bun with Tomato Relish and New Potatoes	Vegetable and Chickpea Wellington with Roast Potatoes and Gravy	Spinach, Potato and Lentil Curry (Sag Aloo) with Rice	Cheese and Tomato Quiche with Chips
Cheese and Cucumber Baguette	Tuna Mayo Baguette	Cheese and Tomato Baguette	Egg Salad Baguette	Cheese Salad Baguette
BBQ Beans and Sweetcorn	Green Beans and Crunchy Coleslaw	Carrots and Broccoli	Green Beans and Sweetcorn	Baked Beans and Garden Peas
Fruity Flapjack	Carrot and Courgette Cake with Custard	Chewy Chocolate Cookie	Fruity Jelly with Ice Cream	Strawberry Mousse with Fruit Slices
WEEK 2 - 7/11/2022, 28/11/2022				
Macaroni Cheese	Spicy Meat Feast Pizza with Jacket Wedges	Classic Bangers and Mash with Onion Gravy	Piri Piri Chicken Wrap with Rice	Breaded Fish Fillet with Chips
Jacket Potatoes with Baked Beans, Cheese or Tuna Mayonnaise	Vegetable Sausage and Tomato Pasta Bake	Vegetable Pasty with New Potatoes	Tomato and Basil Pasta	Cheese Quiche and Chips
Cheese Salad Baguette	Tuna Mayonnaise Baguette	Cheese and Tomato Baguette	Tuna and Cucumber Baguette	Egg and Cucumber Baguette
Baked Beans or Sweetcorn	Green Beans or Crunchy Coleslaw	Carrots and Cabbage	Sweetcorn and Broccoli	Garden Peas and Baked Beans
Peach Sponge with Custard	Orange Fruity Jelly	Chocolate and Beetroot Brownie	Mixed Berry Sponge with Custard	Raisin Cookie with Apple Slices
WEEK 3 - 14/11/2022, 5/12/2022				
Autumn Cheese and Vegetable Wrap with New Potatoes	Beef Burger in a Bap with Jacket Wedges	Roasted Chicken with Stuffing, Roasted Potatoes and Gravy	Chicken Tikka with Rice	Fish Fingers or Salmon Fish Fingers with Tomato Sauce and Chips
Roasted Vegetable Pasta Bake	Cheese and Onion Pasty with Jacket Wedges	Cheese Tart with Roasted Potatoes	Vegetable Chow Mein	Cheesy Courgette Sausages and Chips
Tuna and Cucumber Baguette	Cheese Salad Baguette	Egg and Tomato Baguette	Tuna and Sweetcorn Baguette	Cheese and Tomato Baguette
Broccoli and Carrots	Garden Peas and Baked Beans	Sweetcorn and Carrots	Green Beans and Cauliflower	Baked Beans and Garden Peas
Chocolate Sponge with Chocolate Sauce	Oaty Cookie with Apple Slices	Orange Cake with Fruity Slices	Fruity Jelly with Ice Cream	Lemon Mousse with a Vanilla Shortbread Finger
Served Daily	Freshly Baked Bread	Seasonal Vegetables/Salads	Fresh Fruit	EasiYo Yoghurt

UNIVERSAL INFANT FREE SCHOOL MEALS

Don't forget that all **Reception, Year 1** and **Year 2** pupils can enjoy a **school meal without charge every day** irrespective of income. **However, don't forget to still register if you are entitled to Free School Meals - this is very important for your school's funding!**

FREE SCHOOL MEALS- LOW INCOME

Are you missing out? To check free school meal entitlement please contact your school office.

FOOD ALLERGIES AND INTOLERANCES

Autograph's award winning special diets process ensures that all pupils with allergies and intolerances can enjoy school meals with their friends.

If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact your local Autograph Office.

Alternatively you can request the 'Allergies & Intolerances Referral Form' from your school; all completed forms must be supported with medical referral.

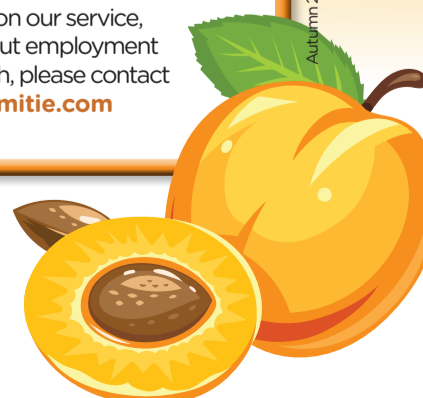
A WORD FROM YOUR LOCAL TEAM

We are very proud of the freshly produced quality food that we feed your children, these lunches will help your children with their social skills and expand their tastes.

If you have any feedback on the menus or ideas for new recipes please let us know.

CONTACT US

If you have any questions on our service, or would like to enquire about employment opportunities with Autograph, please contact catering.helpdesk@mitie.com



Look out for the VE symbol on our menu for some tasty vegan options.
Dishes with wholegrain ingredients to increase fibre and promote healthy digestion.
Dishes which contain an extra half portion of vegetables (in addition to the vegetables and salads served as an accompaniment with every meal).
Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!