Autumn/Winter Menu — Lydgate Junior School

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10th Nov, 1st Dec, 22nd Dec, 19th Jan, 9th Feb, 2nd Mar, 23rd 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 & Pasta	MSC 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 Home-baked Potato Wedges VG	Vegetable Fingers & Chips with Ketchup VG
Street Food			Beany Quesadilla		
Vegetables	Baked Beans & Sweetcorn	Mixed Salad or Broccoli	Seasonal Greens & Carrots	British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwich		Cheese		Cheese	
Sandwich		Ham		Ham	
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese, Beans or Salmon Mayo
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
27th Oct, 17th Nov, 8th Dec, 5th Jan, 26th Jan, 16th Feb, 9th 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	Cauliflower, Sweet Potato & Chickpea Curry with Rice VG	Veggie Sausage & Baked Bean Hot Pot VG	Stuffed Yorkshire Pudding with Roasted Winter Vegetable Casserole & Roast Potatoes VG	Macaroni Cheese	Cheese Flan & Chips
Street Food			Tuna Mayo & Melted Cheese on a Warm Baguette		
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
Sandwich		Cheese		Cheese	
Sandwich		Ham		Ham	
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, 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
3rd Nov, 24th Nov, 15th Dec, 12th Jan, 2nd Feb, 23rd Feb, 16th 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 ½ Baked Jacket Potato	MSC Fish Fingers & Chips
Vegetarian Meal Option	Roasted Butternut, Pepper & Tomato Dhal with Mixed Rice & Flatbread VG	Vegetable Sausage Hotdog served with Home-baked Wedges	Vegetable Lasagne & Garlic Bread	Boston BBQ Five Bean Stew with Sunny Rice	Cheese & Onion Roll with Chips & Ketchup
Street Food			Chicken & Bean Burrito with Roast Potatoes		
Vegetables	Sweetcorn, Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Broccoli or Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwich		Cheese		Cheese	
Sandwich		Ham		Ham	
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, 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.