

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}
	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
	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 Lasagna & Garlic Bread	Boston BBQ Five Bean Stew with Sunny Rice	Cheese & Onion Roll with Chips & Ketchup
	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
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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.