

Autumn/Winter Menu Ecclesall 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	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 Salad	MSC Fish Fingers & Chips
	Vegetarian Meal Option	Macaroni Cheese	Lentil Fritter Taco with Corn Tortilla, Tomato Sauce & Sunny Rice ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Cheese Flan with Pasta Salad	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
	Sandwiches	Freshly Made Sandwich with Cheese, Tuna Mayonnaise or Ham				
	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	Vanilla Shortbread ^{VG} & Chocolate Sauce	Chocolate & Pear Crumble ^{VG} & Custard	Oaty Date Cookie	Strawberry Jelly ^{VG}	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 Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges	MSC Fish Fingers & Chips
	Vegetarian Meal Option	Veggie Sausage & Mash with Gravy ^{VG}	Plant-based Pasta Bolognese & Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Vegetable Chilli & Sunny Vegetable Rice ^{VG}	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
	Sandwiches	Freshly Made Sandwich with Cheese, Tuna Mayonnaise or Ham				
	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	Shortbread Pin Wheels & Fruit Slices ^{VG}	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard	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	Mild Chicken Curry served with Mixed Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad	MSC Fish Fingers & Chips
	Vegetarian Meal Option	Vegetable Burger in a Bun with Home-baked Potato Wedges ^{VG}	Spinach & Sweet Potato Curry ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Sweet & Sour Vegetables & Sunny Rice ^{VG}	Crispy Vegetable Fingers & Chips ^{VG}
	Vegetables	Sweetcorn, Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Broccoli or Sweetcorn	British Red Tractor Garden Peas, Baked Beans
	Sandwiches	Freshly Made Sandwich with Cheese, Tuna Mayonnaise or Ham				
	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	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.