






## The White Rose Federation Autumn Term Menu Week 3

### – w/c 18.9.23 & 9.10.23

Child's Name					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	 Creamy tomato pasta	Chicken fillet burger with baked wedges	Roast gammon with new potatoes	Sausage and tomato pasta bake	Crispy fish fingers with chunky chips
<b>Vegetarian Option</b>		Veggie burger with baked wedges	Quorn fillet new potatoes 	 Tomato and cheese pasta bake	
<b>Jacket Potato or Sandwich Option</b>	Jacket potato with cheese or beans or tuna (please circle one)	Cheese or tuna panini (please circle one)	Jacket potato with cheese or beans or tuna (please circle one)	Cheese or tuna panini (please circle one)	Jacket potato with cheese or beans or tuna (please circle one)
<b>Accompaniments</b> 	Seasonal vegetables or salad bar	Seasonal vegetables or salad bar	Seasonal vegetables or salad bar	Seasonal vegetables or salad bar	Seasonal vegetables or salad bar
<b>Dessert OR</b>	Raspberry bun	Flapjack	Ginger biscuit and fruit 	Chocolate sponge and custard	Fruit meringue
<b>Fresh Fruit or Yoghurt</b>	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
<b>Any dietary requirements</b>					

Try something NEW today...  
Variety is key to a healthy diet.

# MENU




**KEY**

 5 A DAY

- 1 OF YOUR 5 A DAY

 MEAT FREE

- MEAT-FREE MONDAY



- CHEF'S CHOICE

 PB

- PLANT-BASED (VEGAN)