

Autumn/Winter Menu

Coit 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 | Cheese & Onion Pastry Roll & Home-baked Potato Wedges | Italian Quorn Meatballs served with Pasta VG | Quorn Grill with 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 |
| | Sandwiches | Ham Cheese Tuna Mayo | Ham Cheese Tuna Mayo | Ham Cheese Tuna Mayo | Ham Cheese Tuna Mayo | Ham Cheese Tuna Mayo |
| | Baked Jacket Potatoes | Jacket Potato with Tuna Mayo or Cheese or Beans | Jacket Potato with Tuna Mayo or Cheese or Beans | Jacket Potato with Tuna Mayo or Cheese or Beans | Jacket Potato with Tuna Mayo or Cheese or Beans | Jacket Potato with Tuna Mayo, Cheese, Salmon Mayo, or Beans |
| | Dessert | Vanilla Shortbread VG & Chocolate Sauce | Chocolate & Pear Cake with Custard | Strawberry Jelly VG | Oaty Date Cookie | 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 & Wedges with Gravy | Red Tractor Beef Pasta Bolognese & Garlic Bread | Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes | Wholemeal Margherita Pizza & Sunny Rice | MSC Battered Pollock & Chips |
| | Vegetarian Meal Option | Veggie Sausage & Mash with Gravy VG | Plant-based Pasta Bolognese & Garlic Bread | Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes | 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 |
| | Sandwiches | Ham Cheese Tuna Mayo | Ham Cheese Tuna Mayo | Ham Cheese Tuna Mayo | Ham Cheese Tuna Mayo | Ham Cheese Tuna Mayo |
| | Baked Jacket Potatoes | Jacket Potato with Tuna Mayo or Cheese or Beans | Jacket Potato with Tuna Mayo or Cheese or Beans | Jacket Potato with Tuna Mayo or Cheese or Beans | Jacket Potato with Tuna Mayo or Cheese or Beans | Jacket Potato with 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 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 With Home-baked Potato Wedges VG | Vegetable Sausage Hotdog served with Home-baked Wedges | Quorn Grill, Gravy, Stuffing & Roast Potatoes | 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 |
| | Sandwiches | Ham Cheese Tuna Mayo | Ham Cheese Tuna Mayo | Ham Cheese Tuna Mayo | Ham Cheese Tuna Mayo | Ham Cheese Tuna Mayo |
| | Baked Jacket Potatoes | Jacket Potato with Tuna Mayo or Cheese or Beans | Jacket Potato with Tuna Mayo or Cheese or Beans | Jacket Potato with Tuna Mayo or Cheese or Beans | Jacket Potato with Tuna Mayo or Cheese or Beans | Jacket Potato with 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



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.