

# Autumn/Winter Menu

## Coit Primary School



| WEEK ONE   |                        | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|------------------------|--|---|--|--|---|
| 10 <sup>th</sup> Nov, 1 <sup>st</sup> Dec, 22 <sup>nd</sup> Dec, 19 <sup>th</sup> Jan, 9 <sup>th</sup> Feb, 2 <sup>nd</sup> Mar, 23 <sup>rd</sup> 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 <sup>VG</sup> | Quorn Grill with Gravy, Stuffing & Roast Potatoes            | Vegetable Sausage in a Bun with Home-baked Potato Wedges <sup>VG</sup> | Vegetable Fingers & Chips with Ketchup <sup>VG</sup>        |
|  | 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<br>Cheese<br>Tuna Mayo                                   | Ham<br>Cheese<br>Tuna Mayo                              | Ham<br>Cheese<br>Tuna Mayo                                   | Ham<br>Cheese<br>Tuna Mayo   | Ham<br>Cheese<br>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 <sup>VG</sup> & Chocolate Sauce           | Chocolate & Pear Cake with Custard                      | Strawberry Jelly <sup>VG</sup>                               | Oaty Date Cookie   | Vanilla Ice Cream   |
| WEEK TWO   |                        | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
| 27 <sup>th</sup> Oct, 17 <sup>th</sup> Nov, 8 <sup>th</sup> Dec, 5 <sup>th</sup> Jan, 26 <sup>th</sup> Jan, 16 <sup>th</sup> Feb, 9 <sup>th</sup> 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 <sup>VG</sup>               | 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<br>Cheese<br>Tuna Mayo                                   | Ham<br>Cheese<br>Tuna Mayo                              | Ham<br>Cheese<br>Tuna Mayo                                   | Ham<br>Cheese<br>Tuna Mayo   | Ham<br>Cheese<br>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 <sup>VG</sup>           | Chocolate Fudge Cake                                    | Apple Crumble <sup>VG</sup> & Custard                        | Flapjack <sup>VG</sup>   | Chocolate Mousse  |
| WEEK THREE   |                        | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
| 3 <sup>rd</sup> Nov, 24 <sup>th</sup> Nov, 15 <sup>th</sup> Dec, 12 <sup>th</sup> Jan, 2 <sup>nd</sup> Feb, 23 <sup>rd</sup> Feb, 16 <sup>th</sup> 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 <sup>VG</sup> | 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<br>Cheese<br>Tuna Mayo                                   | Ham<br>Cheese<br>Tuna Mayo                              | Ham<br>Cheese<br>Tuna Mayo                                   | Ham<br>Cheese<br>Tuna Mayo   | Ham<br>Cheese<br>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 <sup>VG</sup>                           | Syrup Sponge Pudding & Custard                          | Apple & Cinnamon Rolls                                       | Vanilla Cookie & Fruit Slices <sup>VG</sup>                            | 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.