



Autumn/Winter Menu Westways Primary School

WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10th Nov, 1st Dec, 22nd Dec, 19th Jan, 9th Feb, 2nd March, 23rd March	Main Meal Option	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Beef Pasta Bolognese	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Pasta	MSC Fish Fingers & Chips
	Vegetarian Meal Option	Macaroni Cheese	Veggie Pasta Bolognese	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Cheese Flan with Boiled Potatoes	Vegetable Fingers & Chips with Ketchup ^{VG}
	Halal Option	Halal Chicken Sausage Roll & Home-baked Potato Wedges	Halal Lamb Pasta Bolognese	Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes		
	Vegetables	Baked Beans & Sweetcorn	Mixed Salad or Broccoli	Seasonal Greens & Carrots	British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
	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, Cheese, Beans or Salmon Mayo	Tomato Pasta
	Dessert	Vanilla Shortbread ^{VG} & Chocolate Sauce	Chocolate Sponge with Pear Slices & Custard	Oaty Date Cookie	Vanilla Ice Cream	Flapjack
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 with Potato Wedges & Gravy	Red Tractor Beef Lasagne & Garlic Bread	Roast Gammon with Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Pasta	MSC Fish Fingers & Chips
	Vegetarian Option	Veggie Sausage & Potato Wedges with Gravy ^{VG}	Vegetable Lasagne & Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Macaroni Cheese	Cheese Flan & Chips
	Halal Option	Halal Chicken Sausage with Potato Wedges & Gravy	Halal Red Tractor Lamb Lasagne & Garlic Bread	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes		
	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
	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, Cheese or Beans	Tomato Pasta
	Dessert	Shortbread Pin Wheels & Fruit Slices ^{VG}	Chocolate Fudge Cake	Apple Sponge & Custard	Flapjack ^{VG}	Vanilla Cupcake
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	Wholemeal Margherita Pizza & Pasta	MSC Fish Fingers & Chips
	Vegetarian Meal Option	Vegetable Burger with Home-baked Potato Wedges ^{VG}	Spinach & Sweet Potato Curry ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Boston BBQ Five Bean Stew with Sunny Rice	Cheese & Onion Roll with Chips & Ketchup
	Halal Option	Halal Lamb Burger with Home-baked Potato Wedges	Halal Mild Chicken Curry served with Mixed Rice	Halal Roast Chicken with Gravy, Stuffing & Roast Potatoes		
	Vegetables	Sweetcorn, Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Broccoli or Sweetcorn	British Red Tractor Garden Peas, Baked Beans
	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, Cheese or Beans	Tomato Pasta
	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.