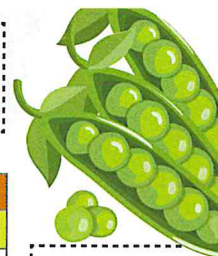




We are delighted to share with you **Autograph's new Autumn/Winter menu**. We know our school meals are a healthy and tasty option for your child, so we have made sure there are favourite dishes available each day. All of our recipes are evaluated by pupils and do not feature on menus without their seal of approval! **We would love to hear your feedback, please contact your local team.**



We always **think seasonally** and champion our **British** and local suppliers



This is a **Bronze Food for Life Served Here** menu which guarantees we serve **high quality fresh food** which is better for **British farming and animal welfare!**



	Monday - Meat Free	Tuesday	Wednesday	Thursday - Allergy Aware	Friday
WEEK 1 - 28TH OCT, 18TH NOV, 9TH DEC, 13TH JAN 2020, 3RD FEB, 2ND MAR, 23RD MAR					
THE MAIN EVENT	Macaroni Cheese	Beef Pasticcio (Pasta Bake with Beef Mince and Bechamel Sauce)	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken Biryani (Indian Spiced Chicken and Rice)	Fish Fingers with Tomato Ketchup and Chips or Pasta
	Sweet Potato and Lentil Curry with Rice VE	Jollof Rice VE (African Spiced Rice with Vegetables)	Vegetable Hotpot VE	Jacket Potato Bar with a Choice of Fillings: Baked Beans VE , Cheese or Vegetable Chilli VE	Cheese and Tomato Quiche with Chips or Pasta
	Sweetcorn and Cauliflower	Mashed Carrot and Swede and Peas	Carrots Roundels and Green Cabbage	Green Beans and Roasted Vegetables	Garden Peas and Baked Beans
TO FINISH	Banana Cake with Custard	Apple Pancake VE	EasiYo Strawberry or Lemon Mousse	Fruity Jelly and Ice Cream	Chocolate Shortbread with Fruit Slices VE
WEEK 2 - 4TH NOV, 25TH NOV, 16TH DEC, 20TH JAN 2020, 10TH FEB, 9TH MAR					
THE MAIN EVENT	Cheese and Tomato Pizza with Potato Wedges	Pork Sausages with Mash and Gravy	Roast Gammon with Roast Potatoes and Gravy	Chicken Curry with Rice	Breaded Fish Fillet with Tomato Ketchup and Chips or Pasta
	BBQ Bean Wrap with Potato Wedges	Roasted Vegetable Pasta Bake	Vegetable and Chickpea Wellington with Roast Potatoes and Gravy	Jacket Potato Bar with a Choice of Fillings: Baked Beans VE , Cheese or Vegetable Chilli VE	Chickpea Burger in a Bun with Tomato Ketchup and Chips or Pasta VE
	Green Beans and Sweetcorn	Carrots Roundels and Cauliflower Florets	Mashed Swede and Green Cabbage	Ratatouille and Broccoli Florets	Garden Peas and Baked Beans
TO FINISH	Wholemeal Chocolate Cake with Chocolate Sauce	Apple and Berry Pie with Custard	Mandarin Cheesecake	Fruity Jelly with Peaches VE	Parsnip and Coconut Flapjack with Fruit Slices VE
WEEK 3 - 11TH NOV, 2ND DEC, 6TH JAN 2020, 27TH JAN, 24TH FEB, 16TH MAR					
THE MAIN EVENT	Vegetable Curry with Rice VE	Southern Style Crunchy Chicken with Rice	Roast Pork with Stuffing, Roast Potatoes and Gravy	Beef Burger in a Bun with Potato Wedges	Fish Fingers or Salmon Fish Fingers with Homemade Tomato Ketchup and Chips or Pasta
	Vegetarian Sausages with Mashed Potato and Gravy VE	Cheesy Topped Tomato and Basil Pasta Bake	Cheese and Onion Pasty with Roast Potatoes and Gravy	Jacket Potato Bar with a Choice of Fillings: Baked Beans VE , Cheese or Vegetable Chilli VE	Mexican Cheese and Bean Quesadilla with Chips or Pasta
	Baked Beans and Sweetcorn	Green Beans and Roasted Vegetables	Chunky Carrots and Parsnips	Sweetcorn and Crunchy Coleslaw	Garden Peas and Baked Beans
TO FINISH	Carrot Cake with Fruit Slices and Vanilla Sauce	Coconut Oat Cookie VE	Chocolate Cornflake Cake VE	Orange Jelly with Mandarin Slices VE	Fruity Flapjack with Fruit Slices VE

We take pride in **carefully sourcing** our ingredients to support animal welfare and ethical sourcing. All of our eggs are **free range**, our meat is **British** and some of our ingredients are **Fairtrade** certified.



Our **recipes** are created with the help of our Nutritionists to make sure they **support healthy eating**



Served Daily

Freshly Baked Bread

Seasonal Vegetables/Salads

Fresh Fruit

EasiYo Yoghurt



VE Look out for the **VE** symbol on our menu for some tasty **vegan** options



Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their **5 A DAY!**
Dishes which contain an extra half portion of vegetables (in addition to the vegetables and salads served as an accompaniment with every meal!)
Dishes with wholegrain ingredients to increase fibre and promote healthy digestion