

# Autumn/Winter Menu **Week 3**

NEW ISLINGTON



| WEEK THREE                   | FAVOURITES MONDAY                                                                                                                                                                                                                    | WORLD TUESDAY                                                                                                                                                                                                                                                                               | ROAST WEDNESDAY                                                                                                                                                                                                                          | PIZZA PARTY THURSDAY                                                                                                                                                                                                                                                                                     | FISH FRIDAY                                                                                                                                                                                                                              |
|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Main Meal Option</b>      | Hot Dog & Chips                                                                                                                                                                                                                      | Mild Chicken Curry served with Mixed Rice<br>                                                                                                                                                              | Roast Chicken, Gravy, Stuffing & Mashed Potato/Roast Potatoes                                                                                                                                                                            | Cheese & Onion Roll with Chips & Ketchup                                                                                                                                                                                                                                                                 | MSC Fish Fingers & Chips                                                                                                                                                                                                                 |
| <b>Halal Option</b>          | Halal Hot Dog & Chips                                                                                                                                                                                                                | Halal Mild Chicken Curry served with Mixed Rice<br>                                                                                                                                                        | Roast Chicken, Gravy Stuffing & Roast Potatoes                                                                                                                                                                                           | Pasta with Tomato & Basil Sauce                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                          |
| <b>Vegetarian Option</b>     | Veggie Hot Dog & Chips                                                                                                                                                                                                               | Spinach & Sweet Potato Curry<br>vg<br>   | Quorn Grill, Gravy, Stuffing & Roast Potatoes<br>                                                                                                     | Boston BBQ Five Bean Stew with Sunny Rice<br>   | Crispy Vegetable Fingers & Chips <sup>vg</sup>                                                                                                                                                                                           |
| <b>Vegetables</b>            | Sweetcorn, Baked Beans<br>                                                                                                                          | Broccoli, Cauliflower & Carrots<br>                                                                                                                                                                        | Seasonal Greens & Carrots<br>                                                                                                                         | Broccoli or Sweetcorn<br>                                                                                                                                                                                             | British Red Tractor Garden Peas, Baked Beans<br>                                                                                                      |
| <b>Sandwiches</b>            | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham                                                                                                                                                                           |                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                          |
| <b>Baked Jacket Potatoes</b> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br>  | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br>                                                         | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br>  | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br>                                                                  | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br>  |
| <b>Dessert</b>               | Chocolate Oaty Slice <sup>vg</sup>                                                                                                                                                                                                   | Syrup Sponge Pudding & Custard                                                                                                                                                                                                                                                              | Apple & Cinnamon Rolls<br>                                                                                                                          | Vanilla Cookie & Fruit Slices <sup>vg</sup><br>                                                                                                                                                                     | Iced Sponge Cake with Sprinkles                                                                                                                                                                                                          |

**Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt**

|                                                                                                                                                                                                       |                                                                                                             |                                                                                                                      |                                                                                                  |                                                                                                  |             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------|
| Portion(s) of fruit or veg<br>  | Source of wholegrain<br> | Contains plant-based proteins<br> | 50% fruit<br> | Oily fish<br> | Vegan<br>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.