



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, so please email us at [autograph.schools@interserve.com](mailto:autograph.schools@interserve.com)



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!



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 Red Tractor certified, we use some Fairtrade certified ingredients and we only use sustainably sourced fish!



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



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1 - 29TH OCT, 19TH NOV, 10TH DEC, 14TH JAN, 4TH FEB, 4TH MAR, 25TH MAR</b>					
<b>THE MAIN EVENT</b>	Cheese and Tomato Pizza with Diced Potatoes	Cottage Pie with Gravy	Roast Chicken with Sage and Onion Stuffing, Gravy and Roast Potatoes	Sausage Roll with Potato Wedges	Fish Fingers with Freshly Made Tomato Ketchup and Chips
		Vegetarian Cottage Pie with Gravy	Vegetable Crumble with Roast Potatoes	Freshly Made Vegetarian Sausage Roll with Potato Wedges	Cheesy Courgette Sausages with Freshly Made Tomato Ketchup and Chips
	Sweetcorn and Coleslaw	Broccoli and Carrots	Carrots and Savoy Cabbage	Peas and Salads	Baked Beans and Salads
<b>TO FINISH</b>	Oaty Apple Crumble with Custard	Chewy Chocolate Cookie	Ice Cream with Chocolate Sauce	Sticky Toffee Pudding with Toffee Sauce	Flapjack with Apple Slices
<b>WEEK 2 - 5TH NOV, 26TH NOV, 17TH DEC, 21ST JAN, 11TH FEB, 11TH MAR, 1ST APR</b>					
<b>THE MAIN EVENT</b>	Veggie Mince Lasagne with Freshly Made Garlic Bread	BBQ Pulled Chicken Wrap with Rice	Roast Gammon with Roast Potatoes and Gravy	Pork Sausages with Mash and Gravy	Battered Fish with Lemon Mayonnaise and Chips
		BBQ Beany Wrap with Rice	Quorn and Vegetable Pie with Roast Potatoes	Vegetarian Sausages with Mash and Gravy	Falafel Wrap with Lemon Mayonnaise and Chips
	Sweetcorn and Salads	Green Beans and Coleslaw	Carrots and Cauliflower	Peas and Salads	Baked Beans and Salads
<b>TO FINISH</b>	Shortbread with Fruit Dip	Chocolate Cornflake Cake with Fruit Wedges	Peaches with Natural Yoghurt and Granola	Jam Biscuit	Orange Squash Cookie with Fruit Wedges
<b>WEEK 3 - 12TH NOV, 3RD DEC, 7TH JAN, 28TH JAN, 25TH FEB, 18TH MAR</b>					
<b>THE MAIN EVENT</b>	Mac 'N' Cheese with Freshly Made Tomato Bread	Chicken Curry with Rice	Roast Turkey with Sage and Onion Stuffing, Gravy and Roast Potatoes	Beef Burger in a Bap with Tomato Pasta	Fish Fingers or Salmon Fish Fingers with Freshly Made Tomato Ketchup and Chips
		Sweet Potato and Chickpea Curry with Rice	Vegetable Roast with Stuffing, Roast Potatoes and Gravy	Quorn Burger in a Bap with Tomato Pasta	Cheese and Tomato Quiche with Chips
	Salad and Carrots	Sweetcorn and Green Beans	Carrots and Broccoli	Coleslaw and BBQ Beans	Baked Beans and Salads
<b>TO FINISH</b>	Carrot Cake with Custard	Apple Taco with Natural Yoghurt	Fruity Jelly with Ice Cream	Chocolate Cake with Chocolate Sauce	Traybake and Fruity Friday (Crunchy Parsnip and Coconut Flapjack with Banana)

**Served Daily** Freshly Baked Bread Seasonal Vegetables/Salads Fresh Fruit EasiYo Yoghurt



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