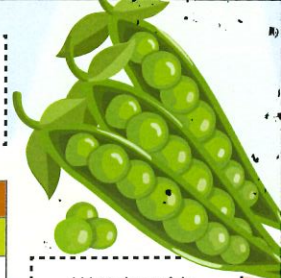
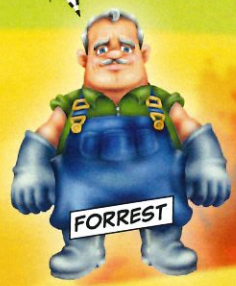




We are delighted to share with you **Autograph's new Autumn/Winter menu**. We know our school meals are a healthy and tasty option for your child, so we have made sure there are favourite dishes available each day. All of our recipes are evaluated by pupils and do not feature on menus without their seal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



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**



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

<b>Served Daily</b>	Freshly Baked Bread	Seasonal Vegetables/Salads	Fresh Fruit	EasiYo Yoghurt
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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