



We are delighted to share with you **Autograph's new Autumn/Winter menu!** We have focused on including lots of favourite dishes so that there is a choice your child will enjoy each day. Our chefs have been hard at work developing recipes so that they are as healthy as possible to support your child to eat well. We would love to hear your feedback, so please email us at [autograph.schools@interserve.com](mailto:autograph.schools@interserve.com)

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>WEEK 1 - 30th October, 20th November, 11th December, 8th January, 29th January, 19th March</b>				
THE MAIN EVENT	Chicken and Sweetcorn Pasta with Freshly Made Bread	Pasta Bolognese with Herby Bread	Roast Chicken with Stuffing, Gravy and Roast or Mash Potatoes	Beef Pizza with Potato Salad	Fishfingers with Tomato Ketchup and Chips or Pasta Twists
TO FINISH	Cheese and Tomato Pizza with Potato Wedges	Vegetable Pie with Mash Potato and Gravy	Vegetable Loaf with Stuffing, Gravy and Roast or Mash Potatoes	Jacket Potato with a Selection of Toppings	Cheese and Tomato Quiche with Chips or Pasta Twists
	<b>WEEK 2 - 6th November, 27th November, 18th December, 15th January, 5th February, 26th March</b>				
THE MAIN EVENT	Baked Beans and Coleslaw	Carrots and Green Beans	Carrots and Broccoli	Sweetcorn and Coleslaw	Baked Beans and Peas
TO FINISH	Custard Biscuit with Fruit Salad	Honey Cake with Custard	Ice Cream and Fruity Sauce	Chocolate Cake with Chocolate Sauce	Crunchy Orange Cookie with Fruit Wedges
	<b>WEEK 3 - 13th November, 4th December, 1st January, 22nd January, 19th February, 12th March</b>				
THE MAIN EVENT	Farm Assured Sausages with Mash Potato and Gravy	Chicken Curry with Rice	Roast Beef with Yorkshire Pudding, Gravy and Roast or Mash Potatoes	Chicken Wrap with New Potatoes	Battered Fish Fillet with Lemon Mayonnaise and Chips or Pasta Twists
TO FINISH	Vegetarian Cottage Pie with Gravy	Macaroni Cheese with Freshly Made Bread	Vegetable Parcel with Gravy and Roast or Mash Potatoes	Jacket Potato with a Selection of Toppings	Vegetarian Burger in a Bun with Tomato Ketchup and Chips or Pasta Twists
	<b>WEEK 4 - 20th November, 11th December, 8th January, 29th January, 19th March</b>				
THE MAIN EVENT	Broccoli and Peas	Vegetable Sticks and Salads	Cauliflower and Carrots	Sweetcorn and Coleslaw	Baked Beans and Peas
TO FINISH	Lemon Drizzle Cake	Apple Syrup Sponge with Custard	Jelly with Fruit	Jam Sponge with Custard	Chocolate Shortbread with Fruit Wedges
	<b>WEEK 5 - 27th November, 18th December, 15th January, 5th February, 26th March</b>				
THE MAIN EVENT	Beef Burger in a Bun with Mayonnaise and Potato Wedges	Chicken Pie with Mash Potato and Gravy	Roast Loaf of Pork with Apple Sauce, Gravy and Roast or Mash Potatoes	Beef Lasagne with Garlic Bread	Fishfingers or Salmon Fishfingers with Tomato Ketchup and Chips or Pasta Twists
TO FINISH	Tomato and Vegetable Pasta with Homemade Bread	Vegetable Pasty with Mash Potato and Gravy	Vegetable Crumble with Gravy and Roast or Mash Potatoes	Jacket Potato with a Selection of Toppings	Vegetarian Sausages with Tomato Ketchup and Chips or Pasta Twists
	<b>WEEK 6 - 4th December, 1st January, 22nd January, 19th February, 12th March</b>				
THE MAIN EVENT	Sweetcorn and Green Beans	Carrots and Broccoli	Cabbage and Carrots	Sweetcorn and Coleslaw	Baked Beans and Peas
TO FINISH	Apple Crumble with Custard	Rice Pudding with Fruit Sauce	Chocolate Arctic Roll	Mixed Berry Sponge with Custard	Shortbread with Fruit Wedges

**Served Daily**

Freshly Baked Bread

Seasonal Vegetables/Salads

Fresh Fruit

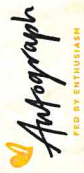
Organic Yeo Valley Yoghurt



All of our eggs are free range from happy chickens in British farms; all of our meat is British and Red Tractor certified; we use some Fairtrade certified ingredients; and only use sustainably sourced fish!



Your school catering team love cooking dishes from scratch using fresh ingredients!



Our menu development team have created nutritionally enhanced recipes to offer a great balance of nutrients for pupils, including:



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.

This is a **Gold Catering Mark menu** which guarantees we serve high quality fresh food which is better for British farming and animal welfare!



We champion our **British and local suppliers** who supply us with fantastic high quality, seasonal produce.

