



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**



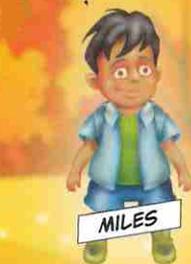
We always **think seasonally** and champion our **British and local suppliers**



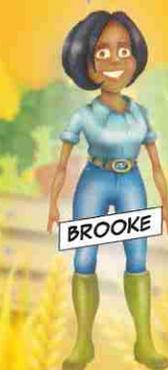
This is a **Bronze Food for Life Served Here** menu which guarantees we serve **high quality fresh food** which is better for **British farming and animal welfare!**



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
WEEK 1 - 29TH OCT, 19TH NOV, 10TH DEC, 14TH JAN, 4TH FEB, 4TH MAR, 25TH MAR					
THE MAIN EVENT	Tuna Pasta Bake with Freshly Made Garlic Bread	Traditional Cottage Pie with Gravy	Roast Chicken with Sage and Onion Stuffing, Roast Potatoes and Gravy	Lamb Meatballs and Tomato Sauce in a Pitta Pocket with Savoury Rice	Fish Fingers with Freshly Made Tomato Ketchup and Chips or Pasta Twists
	Cheese and Tomato Pizza with Potato Salad	Jollof Style Rice with Flatbread (West African Savoury Rice)	Creamy Vegetables Topped with Sage and Onion Crumble with Roast Potatoes	Roasted Vegetable and Bean Pasta with Tomato Sauce	Cheesy Courgette Sausages with Freshly Made Tomato Ketchup and Chips or Pasta Twists
	Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Hot Roast Chicken Bap with Roast Potatoes	Jacket Potato with a Choice of Fillings	Fish Finger Bap with Freshly Made Tomato Ketchup and Chips or Pasta Twists
TO FINISH	Apple Crumble with Custard	Orange Squash Cookie	Ice Cream with Chocolate Sauce	Sticky Toffee Pudding with Toffee Sauce	Traybake and Fruity Friday (Fruity Flapjack with Apple Slices)
WEEK 2 - 5TH NOV, 26TH NOV, 17TH DEC, 21ST JAN, 11TH FEB, 11TH MAR, 1ST APR					
THE MAIN EVENT	Open Sub Melts with a Choice of Toppings (Tuna and Sweetcorn, Roasted Vegetable or Cheese and Mushroom) and Potato Salad	BBQ Pulled Chicken Wrap with Rice	Roast Beef with Yorkshire Pudding, Roast Potatoes and Gravy	Pork Sausages with Mash and Gravy	Breaded Fish Fillet with Lemon Mayonnaise and Chips or Pasta Twists
		Vegetable Lasagne with Freshly Made Bread	Freshly Made Vegetarian Sausage Roll with Roast Potatoes and Gravy	Vegetable Pie with Mash and Gravy	Falafel Wrap with Lemon Mayonnaise and Chips or Pasta Twists
TO FINISH	Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Hot Roast Beef Bap with Roast Potatoes	Jacket Potato with a Choice of Fillings	Breaded Fish Bap with Freshly Made Tomato Ketchup and Chips or Pasta Twists
TO FINISH	Shortbread with Fruit Dip	Spiced Apple Cake with Custard	Peaches with Natural Yoghurt and Granola	Mixed Berry Conde	Traybake and Fruity Friday (Chocolate Krispie with Orange Wedges)
WEEK 3 - 12TH NOV, 3RD DEC, 7TH JAN, 28TH JAN, 25TH FEB, 18TH MAR					
THE MAIN EVENT	Mac 'N' Cheese with Freshly Made Tomato Bread	Chicken Curry with Rice	Roast Pork Loin with Apple Sauce, Roast Potatoes and Gravy	Beef Burger in a Bap with Tomato Pasta	Fish Fingers or Salmon Fish Fingers with Freshly Made Tomato Ketchup and Chips or Pasta Twists
	Vegetarian Sausages with Mash and Gravy	Vegetable and Bean Pasty with Potato Wedges	Cauliflower and Broccoli Bake with Roast Potatoes	Moroccan Chickpea Tagine with Rice	Cheese and Tomato Quiche with Chips or Pasta Twists
	Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Hot Roast Pork Bap with Roast Potatoes	Jacket Potato with a Choice of Fillings	Fish Finger Bap with Freshly Made Tomato Ketchup and Chips or Pasta Twists
TO FINISH	Carrot and Courgette Cake with Custard	Apple Taco with Natural Yoghurt	Fruity Jelly with Ice Cream	Wholemeal 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