



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 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!

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!



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 Herby Focaccia	Cottage Pie with Gravy	Roast Chicken with Sage and Onion Stuffing, Gravy and Roast Potatoes	Lamb Meatballs with Tomato Sauce and Savoury Rice	Fish Fingers with Freshly Made Tomato Ketchup and Chips or Pasta Twists
	Cheese and Tomato Pizza with Diced Potatoes	Vegetarian Cottage Pie with Gravy	Vegetable 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 Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings
	Peas and Coleslaw	Broccoli and Carrots	Carrots and Savoy Cabbage	Sweetcorn and Salads	Baked Beans and Peas
TO FINISH	Pear Crumble with Custard	Orange Squash Cookie	Ice Cream with Chocolate Sauce	Sticky Toffee Pudding with Toffee Sauce	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 Cheese, Cheese and Baked Beans or Cheese and Tomato) and Potato Salad	BBQ Pulled Chicken Wrap with Rice	Roast Gammon with Stuffing, Roast Potatoes and Gravy	Pork Sausages with Mash and Gravy	Battered Fish with Lemon Mayonnaise and Chips or Pasta Twists
	Jacket Potato with a Selection of Toppings	Vegetable Lasagne	Freshly Made Vegetarian Sausage Roll with Roast Potatoes and Gravy	Vegetable Pie with Mash and Gravy	Fabulous Falafel Wrap with Lemon Mayonnaise and Chips or Pasta Twists
	Sweetcorn and Peas	Green Beans and Coleslaw	Carrots and Cauliflower	Sweetcorn and Broccoli	Baked Beans and Peas
TO FINISH	Shortbread with Fruit Dip	Apple Cake with Custard	Peaches with Natural Yoghurt and Granola	Jam Biscuit	Chocolate Cornflake Cake 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 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 Homemade Tomato Ketchup and Chips or Pasta Twists
	Vegetable and Bean Pasty with Potato Wedges	Vegetarian Sausages with Mash and Gravy	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 Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings
TO FINISH	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