



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!**



Monday - Meat Free **Tuesday** **Wednesday** **Thursday - Allergy Aware** **Friday**

Monday - Meat Free		Tuesday		Wednesday		Thursday - Allergy Aware		Friday	
WEEK 1 - 28TH OCT, 18TH NOV, 9TH DEC, 13TH JAN 2020, 3RD FEB, 2ND MAR, 23RD MAR									
Macaroni Cheese		Beef Pasticcio (Pasta Bake with Beef Mince and Bechamel Sauce)		Roast Chicken with Stuffing, Roast Potatoes and Gravy		Chicken Biryani (Indian Spiced Chicken and Rice)		Fish Fingers with Tomato Ketchup and Chips or Pasta	
Sweet Potato and Lentil Curry with Rice		Jollof Rice (African Spiced Rice with Vegetables)		Vegetable Hotpot		Jacket Potato Bar with a Choice of Fillings: Baked Beans , Cheese or Vegetable Chillii		Cheese and Tomato Quiche with Chips or Pasta	
Sweetcorn and Cauliflower		Mashed Carrot and Swede and Peas		Carrots Roundels and Green Cabbage		Green Beans and Roasted Vegetables		Garden Peas and Baked Beans	
Banana Cake with Custard		Apple Pancake		EasyYo Strawberry or Lemon Mousse		Fruity Jelly and Ice Cream		Chocolate Shortbread with Fruit Slices	

Monday - Meat Free		Tuesday		Wednesday		Thursday - Allergy Aware		Friday	
WEEK 2 - 4TH NOV, 25TH NOV, 16TH DEC, 20TH JAN 2020, 10TH FEB, 9TH MAR									
Cheese and Tomato Pizza with Potato Wedges		Pork Sausages with Mash and Gravy		Roast Gammon with Roast Potatoes and Gravy		Chicken Curry with Rice		Breaded Fish Fillet with Tomato Ketchup and Chips or Pasta	
BBQ Bean Wrap with Potato Wedges		Roasted Vegetable Pasta Bake		Vegetable and Chickpea Wellington with Roast Potatoes and Gravy		Jacket Potato Bar with a Choice of Fillings: Baked Beans , Cheese or Vegetable Chillii		Chickpea Burger in a Bun with Tomato Ketchup and Chips or Pasta	
Green Beans and Sweetcorn		Carrots Roundels and Cauliflower Florets		Mashed Swede and Green Cabbage		Ratatouille and Broccoli Florets		Garden Peas and Baked Beans	
Wholemeal Chocolate Cake with Chocolate Sauce		Apple and Berry Pie with Custard		Mandarin Cheesecake		Fruity Jelly with Peaches		Parsnip and Coconut Flapjack with Fruit Slices	

Monday - Meat Free		Tuesday		Wednesday		Thursday - Allergy Aware		Friday	
WEEK 3 - 11TH NOV, 2ND DEC, 6TH JAN 2020, 27TH JAN, 24TH FEB, 16TH MAR									
Vegetable Curry with Rice		Southern Style Crunchy Chicken with Rice		Roast Pork 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	
Vegetarian Sausages with Mashed Potato and Gravy		Cheesy Topped Tomato and Basil Pasta Bake		Cheese and Onion Pasty with Roast Potatoes and Gravy		Jacket Potato Bar with a Choice of Fillings: Baked Beans , Cheese or Vegetable Chillii		Mexican Cheese and Bean Quesadilla with Chips or Pasta	
Baked Beans and Sweetcorn		Green Beans and Roasted Vegetables		Chunky Carrots and Parsnips		Sweetcorn and Crunchy Coleslaw		Garden Peas and Baked Beans	
Carrot Cake with Fruit Slices and Vanilla Sauce		Coconut Oat Cookie		Chocolate Cornflake Cake		Orange Jelly with Mandarin Slices		Fruity Flapjack with Fruit Slices	

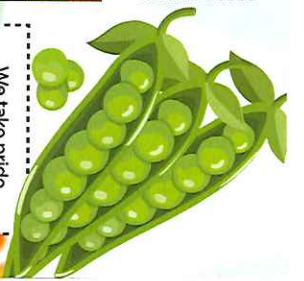
Served Daily

Freshly Baked Bread

Seasonal Vegetables/Salads

Fresh Fruit

EasyYo Yoghurt



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**

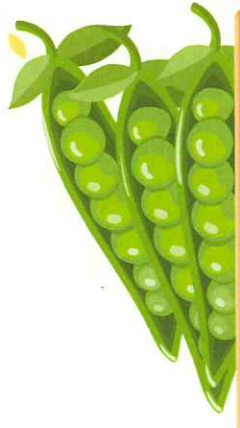


Look out for the **VE** symbol on our menu for some tasty **vegan** options

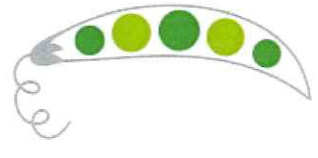
Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their **5 A DAY!**
Dishes which contain an extra half portion of vegetables (in addition to the vegetables and salads served as an accompaniment with every meal)
Dishes with wholegrain ingredients to increase fibre and promote healthy digestion



Autumn/ Winter 2019/2020 Menu with The Greens



- Did you know that 80% of children are not eating enough vegetables? **Autograph** have pledged to support the 'Peas Please' initiative which aims to increase vegetables in children's diets. Your school menu supports children to eat more vegetables by...
- Offering at least two seasonal vegetables and salads every day
 - Offering a colourful variety of different vegetables and salads across the week
 - Adding extra delicious vegetables to our dishes to add colour and great flavour
 - Using our homemade Tomato Base Sauce, made from a combination of six different fresh vegetables, in many of our dishes such as pasta, pizza and curry



Peas Please

Making a pledge for more veg

Look out for the carrot symbol on the menu. This shows dishes with an extra half portion of vegetables (in addition to the vegetables and salads served alongside every meal).

UNIVERSAL INFANT FREE SCHOOL MEALS

Don't forget that all **Reception, Year 1** and **Year 2** pupils can enjoy a school meal without charge every day irrespective of income. **However, don't forget to still register if you are entitled to Free School Meals - this is very important for your school's funding!**

FREE SCHOOL MEALS- LOW INCOME
 Are you missing out? To check free school meal entitlement contact your school office.

A WORD FROM YOUR LOCAL TEAM

We are very proud of the freshly produced quality food that we feed your children, these lunches will help your children with their social skills and expand their tastes.

If you have any feedback on the menus or ideas for new recipes please let us know.

FOOD ALLERGIES AND INTOLERANCES

Autograph's award winning special diets process ensures that all pupils with allergies and intolerances can enjoy school meals with their friends.

If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact your local Autograph Office. Alternatively you can request the 'Allergies & Intolerances Referral Form' from your school, all completed forms must be supported with medical referral.

CONTACT US

If you have any questions on our service, or would like to enquire about employment opportunities with Autograph, please contact autograph_schools@interserve.com



ON A MISSION

To inspire and educate pupils to think differently about food, cooking, health and our environment!

