

Prospect Vale – Autumn/Winter Menu

Week One



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION	Cheese & Tomato Pizza with Tomato Pasta Salad	Pork Sausage Roll with skin on Baked Potato Wedges	Roast Gammon with Gravy, stuffing & roast potatoes	Beef Pasta Bolognese & Garlic Bread	Fish Fingers & Chips
VEGETARIAN OPTION	Tomato, Baked Bean & Spiral Pasta Bake	Cheese & Onion Pastry Roll with Skin on Baked Wedges	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Plant based Pasta Bolognese & Garlic Bread	Crispy Vegetable Fingers & Chips
HALAL		Halal Chicken Sausage with Skin on Baked Potato Wedges	Roast Halal Chicken with Gravy, Stuffing & Roast Potatoes	Halal Lamb or Beef Pasta Bolognese & Garlic Bread	N/A
JACKETS	N/A	Jacket Potato with Tuna Mayo, Salmon Mayo, Beans or Cheese	N/A	Jacket Potato with Tuna Mayo, Salmon Mayo, Beans or Cheese	N/A
VEGETABLES	Cauliflower, Carrots & Sweetcorn	Peas or Baked Beans	Broccoli & Carrots	Carrots or Sweetcorn	Peas or Beans
DESSERT	Chocolate Mousse & Orange Smiles	Homemade Jam Buns & Custard	“Hidden Fruit” Chocolate (Beetroot & Pear) Brownie	Fruity Strawberry Jelly & Mandarin Segments	Vanilla & Cherry Cookie Cup & Custard

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg

Source of wholegrain

Contains plant-based proteins

50% fruit

Oily fish

Our desserts meet Public Health England’s target for ‘free sugar’ intake for your child.

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child’s recommended ‘free sugar’ intake.

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Week Two



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Cheese & Tomato Pizza with Tomato Pasta Salad	Pork Sausage with Mashed Potatoes & Gravy	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals	Fish Fingers & Chips
VEGETARIAN OPTION 1	Potato, Spinach & Cheese Wrap with Tomato Salsa	Plant based Sausage with Mashed Potatoes & Gravy	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Vegetable Pasta Spirals	Crispy Vegetable Fingers & Chips
HALAL	N/A	Halal Chicken Sausage with Mashed Potatoes & Gravy	Halal Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Halal Chicken Pasta Spirals	N/A
JACKET	N/A	Jacket Potato with Tuna Mayo, Salmon Mayo, Beans or Cheese	N/A	Jacket Potato with Tuna Mayo, Salmon Mayo, Beans or Cheese	N/A
VEGETABLES	Baked Beans or Peas	Mixed Veg	Broccoli & Cauliflower	Carrots & Sweetcorn	Baked Beans or Peas
DESSERT	Vanilla Cake & Custard	Ice Carrot Cake & Orange Slices	Chocolate Shortbread & Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice

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Portion(s) of fruit or veg



Source of wholegrain



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Week Three



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Cheesy Pasta Spirals with Pizza Style Topping	Beef Lasagne with Garlic & Tomato Bread	Roast Chicken with Gravy, Yorkshire Pudding, Stuffing & Roast Potatoes	Sausage & Skin on Baked Potato Wedges	Fish & Chips
VEGETARIAN OPTION 1	N/A	Vegetable Lasagne with Garlic & Tomato Bread	Quorn Grill with Gravy, Yorkshire Pudding, Stuffing & Roast Potatoes	Vegetable Sausage & Skin on Baked Potato Wedges	Crispy Vegetable Fingers & Chips
HALAL	N/A	Halal Lamb or Beef Lasagne with Garlic & Tomato Bread	Roast Halal Chicken with Gravy, Yorkshire Pudding, Stuffing & Roast Potatoes	Halal Chicken Sausage & Skin on Baked Potato Wedges	N/A
JACKET	N/A	Jacket Potato with Tuna Mayo, Salmon Mayo, Beans or Cheese	N/A	Jacket Potato with Tuna Mayo, Salmon Mayo, Beans or Cheese	N/A
VEGETABLES	Cauliflower & Sweetcorn	Carrots or Beans	Mixed Veg	Baked Beans or Peas	Baked Beans or Peas
DESSERT	Lemon Cupcake with Fruit Slices	Chocolate Cookie & Orange Wedges	Chocolate Crunch & Chocolate Sauce	Strawberry Mousse	Lemon Drizzle Cake & Custard

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



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