

# Autumn/Winter Menu 2017/18 with The Greens

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)



**BROOKE**

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!**



**FAITH**

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



**RAY**

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



**FORREST**

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



**MILES**

**ON A MISSION**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1 - 30/10/17 - 20/11/17 - 11/12/17 - 15/1/18 - 5/2/18 - 5/3/18</b>					
<b>THE MAIN EVENT</b>	Farm Assured Sausage with Gravy and Mash	Roast Beef with Yorkshire Pudding, Gravy and Roast Potatoes	Beef Bolognese with Penne Pasta & Garlic Bread	Roast Turkey with Stuffing, Gravy and New Potatoes	Fishfingers with Tomato Ketchup and Chips
	Veggie Sausages with Gravy and Mash	Vegetarian Cottage Pie with Gravy	Tomato & Basil Pinwheel with Mash	Broccoli and Butternut Squash Pie with Mash and Gravy	Vegetable Curry with Chips or Wholegrain Rice
	Halal Chicken Sausage with Gravy and Mash	Halal Roast Beef with Yorkshire Pudding, Gravy and Roast Potatoes	Halal Beef Bolognese with Penne Pasta & Garlic Bread	Halal Roast Turkey with Stuffing, Gravy and New Potatoes	
	Jacket Potato with Fillings	Roast Beef Baguette	Jacket Potato with Fillings	Roast Turkey and Stuffing Baguette	Fishfinger Baguette
	Garden Peas/Sweetcorn/Salad	Carrots/Spring Cabbage/Salad	Broccoli/Baked Beans/Salad	Green Beans/Carrot & Swede Puree/Salad	Baked Beans/Garden Peas
<b>TO FINISH</b>	Peach Crumble with Custard or Cheese & Biscuits	Jam Sponge with Custard	Carrot Cake with Custard or Cheese & Biscuits	Chewy Chocolate Cookie or Cheese & Biscuits	Vanilla Shortbread with Melon and Grapes
<b>WEEK 2 - 6/11/17 - 27/11/17 - 1/1/18 - 22/1/18 - 19/2/18 - 12/3/18</b>					
<b>THE MAIN EVENT</b>	Farm Assured Beef Burger in a Bap with Tomato Relish and Oven Baked Potato Wedges	Roast Pork Loin and Gravy with Roast Potatoes	Chicken Tikka Masala with Savoury Rice & Naan Bread	Beef and Onion Pie with New Potatoes and Gravy	Fishfingers with Tomato Ketchup and Chips
	Quorn Burger in a Bap with Tomato Relish and Oven Baked Potato Wedges	Vegetable and Chickpea Wellington with Gravy and Roast Potatoes	Mixed Pepper Pizza Slice with New Potatoes & Garlic Bread	Vegetable Loaf and Stuffing with New Potatoes and Gravy	Kennall Vale's Beany Wrap with Chips
	Halal Beef Burger in a Bap with Tomato Relish and Oven Baked Potato Wedges	Halal Roast Chicken with Stuffing and Gravy with Roast Potatoes	Halal Chicken Tikka Masala with Savoury Rice & Naan Bread	Halal Beef and Onion Pie with New Potatoes and Gravy	
	Jacket Potato with Fillings	Roast Pork Baguette	Jacket Potato with Fillings	Jacket Potato with Fillings	Fishfinger Baguette
	Mushy Peas/Baked Beans/Salad	Spring Cabbage/Cauliflower/Salad	Roasted Carrots & Parsnips/Green Beans/Salad	Broccoli/Swede/Salad	Baked Beans/Sweetcorn & Peppers/Salad
<b>TO FINISH</b>	Apple Flapjack Crumble with Custard or Cheese & Biscuits	Lemon Cake with Custard	Chocolate Mousse or Cheese & Biscuits	Honey Cake with Custard or Cheese & Biscuits	Flapjack with Pineapple
<b>WEEK 3 - 13/11/17 - 4/12/17 - 8/1/18 - 29/1/18 - 26/2/18 - 19/3/18</b>					
<b>THE MAIN EVENT</b>	All Day Breakfast (Sausage, Bacon, Hash Browns and Scrambled Egg)	Roast Chicken with Stuffing, Gravy and Roast Potatoes	Chew Magna's Marvellous Cheesy Bolognese Pasta Bake with Garlic Bread	Baked Gammon with Mash and Gravy	Fishfingers or Salmon Fishfingers with Tomato Ketchup and Chips
	All Day Vegetarian Breakfast (Veggie Sausage, Hash Browns and Scrambled Egg)	Vegetable Roast with Stuffing, Gravy and Roast Potatoes	Macaroni Cheese with Herby Bread	Vegetable and Bean Pasty with Mash and Gravy	Vegetable Biryani
	Halal All Day Breakfast	Halal Roast Chicken with Stuffing, Gravy and Roast Potatoes	Chew Magna's Marvellous Cheesy Halal Bolognese Pasta Bake with Garlic Bread	Halal Roast Beef with Mash and Gravy	
	Jacket Potato with Fillings	Roast Chicken and Stuffing Baguette	Jacket Potato with Fillings	Baked Gammon Baguette	Fishfinger Baguette
	Baked Beans/Mushrooms/Salad	Spring Cabbage/Cauliflower/Salad	Garden Peas/Sweetcorn/Salad	Carrots/Broccoli/Salad	Baked Beans/Garden Peas/Salad
<b>TO FINISH</b>	Frozen Yoghurt or Cheese & Biscuits	Fruit Trifle	Pear & Ginger Muffin or Cheese & Biscuits	Rice Pudding with Raisins or Cheese & Biscuits	Oaty Cookie with Watermelon

**Served Daily**      **Freshly Baked Bread**      **Seasonal Vegetables/Salads**      **Fresh Fruit**      **Organic Yeo Valley Yoghurt**

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



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