

Autumn / Winter Menu Week 1

10th Nov, 1st & 22nd Dec, 19th Jan, 9th Feb, 2nd & 23rd March

Eativerse
A UNIVERSE OF FOOD AND DRINK

| WEEK ONE | FAVOURITES MONDAY | WORLD TUESDAY | ROAST WEDNESDAY | PIZZA PARTY THURSDAY | FISH FRIDAY |
|-----------------------|---|---|---|--|---|
| Main Meal Option 1 | Red Tractor Pork Sausage Roll & Home-baked Potato Wedges | Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice | Roast Gammon, Gravy, Stuffing & Mashed Potato | Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges | MSC Fish Fingers & Chips |
| Vegetarian option | Cheese & Onion Pastry Roll & Home-baked Potato Wedges | Italian Quorn Meatball served with pasta. | Quorn Grill, Gravy, Stuffing & Mash Potato | Vegetable Sausage in a Bun with Home-baked Potato Wedges ^{VG} | Vegetable Fingers & Chips with Ketchup ^{VG} |
| Vegetables | Baked Beans & Sweetcorn | Carrots or Broccoli | Seasonal Greens & Carrots | British Red Tractor Garden Peas, Sweetcorn | British Red Tractor Garden Peas, Baked Beans |
| Baked Jacket Potatoes | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans |
| Dessert | Vanilla Shortbread ^{VG} & Orange smile | Apple Crumble & custard | Strawberry Jelly ^{VG} | Oaty Date Cookie | Vanilla Ice Cream |

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

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% Fruit



Oily Fish



Vegan

VG

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.

Autumn / Winter Menu Week 2

27th Oct, 17th Nov, 8th Dec, 5th & 26th Jan, 16th Feb, 9th March

Eativerse
A UNIVERSE OF FOOD AND DRINK

| WEEK TWO | FAVOURITES MONDAY | WORLD TUESDAY | ROAST WEDNESDAY | PIZZA PARTY THURSDAY | FISH FRIDAY |
|-----------------------|--|--|---|--|--|
| Main Meal Option 1 | Pork Sausage & Mash with Gravy | Red Tractor Beef Pasta Bolognese & Garlic Bread    | Roast Chicken Gravy, Yorkshire Pudding & Roast Potatoes | Wholemeal Margherita Pizza & Home-baked Potato Wedges  | MSC Battered Pollock & Chips |
| Vegetarian Option | Veggie Sausage & Mash with Gravy ^{VG}  | Plant-based Pasta Bolognese & Garlic Bread    | Stuffed Yorkshire Pudding with Roasted Winter Vegetable Casserole & Roast Potatoes ^{VG}   | Macaroni Cheese  | Cheese Flan & Chips  |
| Vegetables | Broccoli, Sweetcorn or Gravy  | Broccoli, Cauliflower & Carrots  | Seasonal Greens & Carrots  | British Red Tractor Garden Peas, or Sliced Carrots  | British Red Tractor Garden Peas, Baked Beans  |
| Baked Jacket Potatoes | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans   | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans   | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans   | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans   | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans   |
| Dessert | Chocolate Crunch with custard | Chocolate Fudge Cake | Vanilla Sponge & Custard | Flapjack ^{VG} | Chocolate Mousse |

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



Vegan

VG



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.

Autumn / Winter Menu Week 3

 3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 23rd Feb, 16th March

| WEEK THREE | FAVOURITES MONDAY | WORLD TUESDAY | ROAST WEDNESDAY | PIZZA PARTY THURSDAY | FISH FRIDAY |
|-----------------------|---|---|---|---|---|
| Main Meal Option 1 | Beef Burger with Home-baked Potato Wedges | Mild Chicken Curry served with Mixed Rice | Roast Chicken Gravy, Stuffing & Mashed Potato | Margherita Pizza with Home-baked Potato Wedges | MSC Fish Fingers & Chips |
| Vegetarian Option | Vegetable Burger with Home-baked Potato Wedges ^{VG} | Spinach & Sweet Potato Curry ^{VG} | Quorn Grill, Gravy, Stuffing & Roast Potatoes | Boston BBQ Five Bean Stew with Sunny Rice | Cheese & Onion Roll with Chips & Ketchup |
| Vegetables | Sweetcorn, Baked Beans | Broccoli, Cauliflower & Carrots | Seasonal Greens & Carrots | Broccoli or Sweetcorn | British Red Tractor Garden Peas, Baked Beans |
| Baked Jacket Potatoes | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans |
| Dessert | Chocolate Oaty Slice ^{VG} | Syrup Sponge Pudding & Custard | Apple & Cinnamon Rolls | Vanilla Cookie & Fruit Slices ^{VG} | Iced Sponge Cake with Sprinkles |

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



Vegan

VG

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.