

















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 Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Tomato & Cheese Pizza & home baked wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Macaroni Cheese	Italian Quorn Meatballs served with Pasta ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Vegetable Sausage in a bun with Home baked wedges	Vegetable Fingers & Chips with Ketchup ^{VG}
Vegetables	Baked Beans & Sweetcorn 	Mixed Salad 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  	Freshly made sandwich with Cheese, Tuna or Ham	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Freshly made sandwich with Cheese, Tuna or Ham	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  
Dessert	Vanilla Shortbread ^{VG} & Chocolate Sauce	Chocolate Cake & Custard 	Strawberry Jelly ^{VG}	Oaty Date Cookie 	Vanilla Ice Cream

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 2

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

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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 Gammon, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	MSC Battered Pollock & Chips
Main Meal Option 2	Cauliflower, sweet Potato & Chickpea Curry with Rice	Veggie Sausage Pasta	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Vegetable Chilli & Vegetable Rice	Cheese flan with Chips
Vegetables	Broccoli, Sweetcorn or Baked Beans 	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 	Freshly made sandwiches with Cheese, Tuna or Ham	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Freshly made sandwiches with Cheese, Tuna or Ham	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 
Dessert	Shortbread Pin Wheels & Fruit Slices ^{VG} 	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard 	Flapjack ^{VG}	Vanilla Ice cream

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

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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 & Roast Potatoes 	Margherita Pizza with Home-baked Potato Wedges 	MSC Fish Fingers & Chips 
Main Meal Option 2	Vegetable Lasagna with Home-baked Potato Wedges ^{VG} 	Vegetable Sausage Hotdog served with Home-baked Wedges 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Sweet & sour Vegetables & 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 	Freshly made sandwiches with Cheese, Tuna or Ham 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Freshly made sandwiches with Cheese, Tuna or Ham 	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



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.