

Autumn / Winter Menu Week 1

9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option	Pork Sausage Pasta & Bean bake with garlic bread 	Chicken Tikka Curry with Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Whole meal Pizza: Margherita with Homemade wedges	Fish Fingers & Chips
Vegetarian Option	Quorn burger & pasta 	Tomato, Basil & Vegetable wholewheat pasta bake	Cheese, potato, onion pastry Whirl & roast potatoes	Vegetable Cottage pie	Cheesy Bean Whole meal Wrap
Vegetables	Broccoli & Sweetcorn 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Mixed Salad, Broccoli & Sweetcorn 	Garden Peas, Baked Beans 
Sandwiches	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich
Jacket Potato	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	Chocolatey Cornflake Crispy Cake ^{VG}	Gingerbread Cookie & Fresh Fruit Slices 	Orange Jelly & Fresh Fruit Slices ^{VG} 	Marble Sponge & Custard	Brownie

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

16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

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WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
	All Day Breakfast:				
Main Meal Option	Pork Sausage, Scrambled Egg, Baked Beans & Herby Potatoes 	Beef Bolognese with Spaghetti or Wholegrain Penne 	Roast Gammon , Gravy Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato wedges 	Fish Fingers & Chips
Vegetarian Option	Macaroni Cheese	Vegetable Meatball Masala & Yellow Mixed Rice	Quorn Grill, gravy,stuffing & roast potato	Vegetable Lasagne	Wholegrain Mexican Bean Wrap with Chips
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Garden Peas & Carrots 	Seasonal Greens & Country Mixed Vegetables 	Broccoli & Sweetcorn 	Garden Peas & Baked Beans 
Sandwiches	Cheese, Tuna or ham Sandwich	Cheese, Tuna or ham Sandwich	Cheese, Tuna or ham Sandwich	Cheese, Tuna or ham Sandwich	Cheese, Tuna or ham Sandwich
Jacket potato	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	Shortbread Biscuit & Fresh Fruit Slices ^{VG} 	Chocolatey Orange Fudge Cake	Jelly with Fresh Fruit Slices ^{VG} 	Lemon Drizzle Cake & Custard	Chocolatey Oaty Slice ^{VG}

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

2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

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WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausages, Mash & Gravy	Mince Beef & onion short crust pastry pie with homemade baked wedges	Roast Chicken Gravy, Yorkshire Pudding & Roast Potatoes	Whole meal Pizza: Vegetable pizza with Pasta Salad 	Battered Fish & Chips
Vegetarian Option 2	Quorn Sausage, Mash & Gravy VG	Macaroni Cheese	Quorn Grill Gravy, Yorkshire pudding & roast potatoes	Vegetable Pasta Carbonara	Crispy Vegetable Fingers & Chips ^{VG}
Vegetables	Sweetcorn, Baked Beans & Broccoli 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Carrots or Sweetcorn 	Garden Peas, Baked Beans 
Sandwiches	Cheese, Tuna or ham Sandwich	Cheese, Tuna or ham Sandwich	Cheese, Tuna or ham Sandwich	Cheese, Tuna or ham Sandwich	Cheese, Tuna or ham Sandwich
Jacket potato	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	Chocolatey Cookie ^{VG}	Apple Sponge & Custard 	Raspberry Jelly ^{VG}	Crunchy Biscuit with Fresh Fruit Slices ^{VG} 	Iced Sponge Cake

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.