

















# Autumn / Winter Menu Week 2

W/C - 17<sup>th</sup> Nov, 8<sup>th</sup> & 29<sup>th</sup> Dec, 19<sup>th</sup> Jan, 9<sup>th</sup> Feb, 2<sup>nd</sup> & 23<sup>rd</sup> Mar

**Eativerse**  
A UNIVERSE OF FOOD AND DRINK

| WEEK TWO              | FAVOURITES MONDAY                                                                                                                    | WORLD TUESDAY                                                                                                                        | ROAST WEDNESDAY                                                                                                                               | PIZZA PARTY THURSDAY                                                                                                                         | FISH FRIDAY                                                                                                                            |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| Main Meal Option      | Pork Sausage & Mash with Gravy                                                                                                       | Red Tractor Beef Pasta Bolognese & Garlic Bread<br> | Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes                                                                                      | Wholemeal Margherita Pizza & Home-Baked Potato Wedges<br> | MSC Fish Fingers & Chips                                                                                                               |
| Main Meal Option      | Veggie Sausage & Mash with Gravy <sup>VG</sup><br>  | Plant-based Pasta Bolognese & Garlic Bread<br>      | Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes<br> | Macaroni Cheese                                                                                                                              | Vegetable Fingers & Chips <sup>VG</sup>                                                                                                |
| Vegetables            | Selection of Seasonal Vegetables<br>                | Selection of Seasonal Vegetables<br>                | Selection of Seasonal Vegetables<br>                       | Selection of Seasonal Vegetables<br>                      | British Red Tractor Garden Peas, Baked Beans<br>    |
| Sandwiches & Pasta    | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Pasta with Cheese or Tomato & Basil Sauce                                 |                                                                                                                                      |                                                                                                                                               |                                                                                                                                              |                                                                                                                                        |
| Baked Jacket Potatoes | Jacket Potato with Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Tuna Mayo or Cheese or Beans<br>        | Jacket Potato with Tuna Mayo or Cheese or Beans<br>       | Jacket Potato with Tuna Mayo or Cheese or Beans<br> |
| Dessert               | Shortbread Pin Wheels <sup>VG</sup>                                                                                                  | Chocolate Fudge Cake                                                                                                                 | Apple Crumble <sup>VG</sup> & Custard<br>                 | Flapjack <sup>VG</sup>                                                                                                                       | Chocolate Mousse                                                                                                                       |

Available Daily: Choice of Seasonal Fruit

INSERT DATES

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.