

Autumn / Winter Menu Week 3

12th Oct, 2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd Mar

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausages, Mash, Broccoli, Sweetcorn & Gravy 	Minced Beef & Onion Shortcrust Pastry Pie with Potato Wedges, Carrots & Garden Peas 	Roast Chicken, Roast Potatoes with choice of Vegetables & Yorkshire Pudding & Gravy 	Margherita Pizza with Potato Wedges, Carrots & Sweetcorn 	Fish Fingers with Chips, Garden Peas & Baked Beans 
Main Meal Option 2	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy ^{VG} 	Macaroni Cheese with Carrots, Garden Peas or Salad 	Quorn Grill, Roast Potatoes with choice of Vegetables & Yorkshire Pudding & Gravy 	Vegetable Pasta Carbonara with Carrots & Sweetcorn 	Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans ^{VG} 
Pasta	Pasta with Cheese or Tomato & Basil Sauce ^{VG}				
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 or choice of Fresh Fruit	Chocolatey Cookie ^{VG}	Apple Sponge & Custard 	Brownie	Crunchy Biscuit ^{VG}	Iced Sponge Cake

Available Daily: Packed Lunches

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.