

# Autumn / Winter Menu Week 1

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

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausages & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	MSC Fish Fingers & Chips
Main Meal Option 2	Veggie Sausage & Home baked Wedges	Italian Quarn Meatballs served with pasta	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Macaroni Cheese	Vegetable Fingers & Chips with Ketchup 
Vegetables	British Red Tractor Garden Peas, 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 	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	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit

Available Daily: Pick &amp; Mix Selection, Salad &amp; Fresh Bread

# Autumn / Winter Menu Week 2

27<sup>th</sup> Oct, 17<sup>th</sup> Nov, 8<sup>th</sup> Dec, 5<sup>th</sup> & 26<sup>th</sup> Jan, 16<sup>th</sup> Feb, 9<sup>th</sup> 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
Main Meal Option 2	Veggie Sausage & Mash with Gravy	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Macaroni Cheese	Vegetable Fingers & Chips with Ketchup
Vegetables	Broccoli & Sweetcorn 	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	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit

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

INSERT DATES

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

3<sup>rd</sup> & 24<sup>th</sup> Nov, 15<sup>th</sup> Dec, 12<sup>th</sup> Jan, 2<sup>nd</sup> & 23<sup>rd</sup> Feb, 16<sup>th</sup> 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 & Mashed Potato/Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges 	MSC Fish Fingers & Chips
Main Meal Option 2	Vegetable Burger with Home-baked Potato Wedges 	Spinach & Sweet Potato Curry 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Macaroni Cheese	Vegetable Fingers & Chips with Ketchup
Vegetables	Sweetcorn, British Red Tractor Garden Peas 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	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	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit

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

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.