
















# 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

**Eativerse**  
A UNIVERSE OF FOOD AND DRINK

WEEK ONE	MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	THURSDAY	FISH FRIDAY
<b>Main Meal Option</b>	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	Beef Chilli Con carne served with Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Chicken Pie served with mash Potato	MSC Fish Fingers & Chips
<b>Vegetarian Option</b>	Cheese Flan 	Lentil Fritter Taco with Corn Tortilla, Tomato Sauce & Sunny Rice <sup>VG</sup> 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Vegetable Fingers & Chips with Ketchup <sup>VG</sup>
<b>Vegetables</b>	British Red Tractor Garden Peas, Sweetcorn 	Mixed Salad or Broccoli 	Seasonal Greens & Carrots 	Baked Beans & Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
<b>Baked Jacket Potatoes and pasta Options</b>	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Pasta with Cheese or Tomato & Basil Sauce	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Pasta with Cheese or Tomato & Basil Sauce	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 
<b>Dessert</b>	Vanilla Shortbread <sup>VG</sup> & Chocolate Sauce	Chocolate & Pear Crumble <sup>VG</sup> & Custard 	Strawberry Jelly <sup>VG</sup>	Oaty Date Cookie 	Vanilla Ice Cream

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



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.