

















Autumn / Winter Menu Week 3

3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 23rd Feb, 16th March

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK THREE	MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	THURSDAY	FISH FRIDAY
Main Meal Option	Margherita Pizza with Home-baked Potato Wedges 	Mild Chicken Curry served with Mixed Rice 	Roast Chicken Gravy, Stuffing & Mashed Potato/Roast Potatoes	Beef Burger with Home-baked Potato Wedges	MSC Fish Fingers & Chips
Vegetarian Option	Sweet & Sour Vegetables & Sunny Rice ^{VG} 	Spinach & Sweet Potato Curry ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Vegetable Burger with Home-baked Potato Wedges ^{VG} 	Crispy Vegetable Fingers & Chips ^{VG}
Vegetables	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes and pasta Options	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 
Dessert	Chocolate Oaty Slice ^{VG}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls 	Vanilla Cookie & Fruit Slices ^{VG} 	Iced Sponge Cake with Sprinkles

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.