

Autumn / Winter Menu Week 3

W/C – 3rd & 24th Nov, 15th Dec, 5th & 26th Jan, 16th Feb, 9th & 30th Mar

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Beef Burger with Home-Baked Potato Wedges	Mild Chicken Curry served with Mixed Rice	Roast Chicken Gravy, Yorkshire Pudding & Roast Potatoes	Margherita Pizza with Home-Baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option	Vegetable Burger with Home-Baked Potato Wedges ^{VG}	Macaroni Cheese	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Rainbow Vegetable Lentil Pitta Pockets & Hummus ^{VG}	Cheese & Onion Roll with Chips
Vegetables	Selection of Seasonal Vegetables	Selection of Seasonal Vegetables	Selection of Seasonal Vegetables	Selection of Seasonal Vegetables	British Red Tractor Garden Peas, Baked Beans
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with 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

Available Daily: Choice of Seasonal Fruit

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.