

Autumn / Winter Menu Week 3

Eativerse
A UNIVERSE OF FOOD AND DRINK

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

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausages, Mash, with choice of Vegetables & Gravy 	Minced Beef & Onion Shortcrust Pastry Pie with Potato Wedges & choice of Vegetables 	Roast Chicken, Roast Potatoes with choice of Vegetables & Yorkshire Pudding & Gravy 	Margherita Pizza with Potato Wedges & choice of Vegetables 	Battered Fish with Chips, Garden Peas & Baked Beans 
Main Meal Option 2	Quorn Sausage, Mash, Gravy & choice of Vegetables VG 	Macaroni Cheese & choice of Vegetables or Salad 	Quorn Grill, Roast Potatoes with choice of Vegetables & Yorkshire Pudding & Gravy 	Vegetable Pasta Carbonara with choice of Vegetables 	Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans VG 
Sandwich Choice	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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	Chocolatey Cookie VG	Apple Sponge & Custard 	Fruit Jelly VG	Crunchy Biscuit 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
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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.