

Autumn / Winter Menu Week 1

 10th Nov, 1st & 22nd Dec, 12th Jan, 2nd & 23rd Feb, 16th March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Plain Rice 	Roast Gammon, Gravy, Yorkshire Pudding & Mash	Wholemeal Tomato & Cheese Pizza & Home-baked Pasta Salad 	MSC Fish Fingers & Chips
Vegetarian Option	Cheesy Pastry Roll & Home-baked Potato Wedges	Italian Quorn Meatballs served with Pasta ^{VG} 	Quorn Grill, Gravy, Yorkshire Pudding & Mash 	Vegetable Sausage in a Bun with Home-baked Pasta Salad ^{VG} 	Vegetable Fingers & Chips with Ketchup ^{VG}
Vegetables	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 
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	Vanilla Shortbread ^{VG} & Chocolate Sauce	Chocolate & Pear Crumble ^{VG} & Custard 	Strawberry Jelly ^{VG}	Oaty Date Cookie 	Vanilla Ice Cream

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

Autumn / Winter Menu Week 2

 27th Oct, 17th Nov, 8th & 29th Dec, 19th Jan, 9th Feb, 2nd & 23rd March

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Pork Sausage & Mash with Gravy	Red Tractor Beef pasta Bolognese & Garlic Bread 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	MSC Battered Fish (Pollock) & Chips
Vegetarian Option	Veggie Sausage & Mash with Gravy 	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Macaroni Cheese	Cheese Flan & Chips
Vegetables	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 
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	Shortbread Pin Wheels & Fruit Slices ^{VG} 	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard 	Flapjack ^{VG}	Chocolate Mousse

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



Autumn / Winter Menu Week 3

3rd & 24th Nov, 15th Dec, 5th & 26th Jan, 16th Feb, 9th March

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 Plain Rice	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Pasta Salad	MSC Fish Fingers & Chips
Vegetarian Option	Vegetable Burger with Home-baked Potato Wedges ^{VG} 	Vegetable Sausage Hotdog with Home-baked Potato Wedges ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Boston BBQ Five Bean Stew with Plain Rice 	Cheese & Onion Pastry Roll with Chips & Ketchup
Vegetables	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables
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	Chocolate Oaty Slice ^{VG}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls 	Vanilla Cookie and 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.