





# 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	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option 1</b>	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	MSC Fish Fingers & Chips
<b>Main Meal Option 2</b>	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Lentil Fritter Taco with Corn Tortilla, Tomato Sauce & Sunny Rice <sup>VG</sup>  	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Vegetable Sausage in a Bun with Home-baked Potato Wedges <sup>VG</sup> 	Vegetable Fingers & Chips with Ketchup <sup>VG</sup>
<b>Vegetables</b>	Baked Beans & Sweetcorn 	Mixed Salad or Broccoli 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
<b>Baked Jacket Potatoes</b>	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   
<b>Dessert</b>	Vanilla Shortbread <sup>VG</sup> & Chocolate Sauce	Chocolate & Pear Crumble <sup>VG</sup> & Custard 	Watermelon slices	Oaty Date Cookie 	Vanilla Ice Cream

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.