















# Autumn / Winter Menu Week 2

27<sup>th</sup> Oct, 17<sup>th</sup> Nov, 8<sup>th</sup> Dec, 19 Jan, 9 Feb, 2 & 23 March

**Eativerse**  
A UNIVERSE OF FOOD AND DRINK

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option 1</b>	Pork Sausage & Mash with Gravy	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Gammon, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	MSC Battered Pollock & Chips
<b>Main Meal Option 2</b>	Veggie Sausage & Mash with Gravy	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Macaroni Cheese	Cheesy Egg Muffins & Chips
<b>Vegetables</b>	Broccoli & Sweetcorn or Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, or Sliced Carrots 	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 or Cheese or Beans 
<b>Dessert Nursery, Years R-1</b>	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit
<b>Dessert Years 2-6</b>	Shortbread Pin Wheels & Fruit Slices	Chocolate Fudge Cake	Apple Crumble & Custard	Flapjack	Iced Sponge Cake with sprinkles

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

INSERT DATES

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.