

Autumn / Winter Menu Week 1

9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK ONE	PLANET PIZZA MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	FAVOURITE THURSDAY	FISH FRIDAY
Main Meal Option 1	Pepperoni Pizza & Homemade wedges 	BBQ Chicken with Mixed Wholegrain & White Rice 	Roast Gammon, Gravy, Stuffing Roast Potatoes & Yorkshire Puddings	Pork sausage & pasta bake With garlic bread 	Fish Fingers & Chips
Vegetarian Option 2 (as an alternative to Option 2)	Margherita Pizza 	BBQ Vegetables with Mixed Wholegrain & White Rice 	Quorn Grill, Gravy, Stuffing & Roast Potatoes With Yorkshire Pudding	Butternut Squash & Tomato Pasta Bake ^{VG} 	Cheese Quiche & Chips with Ketchup
Vegetables	Broccoli & Sweetcorn 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Mixed Salad, Broccoli & Sweetcorn 	Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Tuesday and Thursday only.				
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	Chocolatey Cornflake Crispy Cake ^{VG}	Gingerbread Cookie & Fresh Fruit Slices 	Orange Jelly & Fresh Fruit Slices ^{VG} 	Marble Sponge & Custard	Brownie

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.