Autumn / Winter Menu Week 1

7th & 28th Sep, 19th Oct, 9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	Chicken Tikka Curry with Mixed Wholegrain & White Rice	Roast Chicken Gravy, Stuffing & Roast Potatoes	**Wholemeal Pizza**: Margherita Pizza with Home-baked Potato Wedges	Fish Fingers & Chips
Main Meal Option 2	Vegetable Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	Tomato, Basil & Vegetable Wholewheat Pasta Bake	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Butternut Squash & Tomato Pasta Bake VG	Cheesy Bean Wholemeal Pitta
Halal Option	Chicken Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	Chicken Tikka Curry with Mixed Wholegrain & White Rice	Roast Chicken, Gravy, Stuffing & Roast Potatoes	**Wholemeal Pizza**: Margherita Pizza with Home-baked Potato Wedges	
Vegetables	Broccoli & Sweetcorn	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Mixed Salad, Broccoli & Sweetcorn	Garden Peas, Baked Beans
Pasta	Pasta with Tomato & Basil Sauce VG				
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, 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.

Autumn / Winter Menu Week 2

14th Sep, 5th & 26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	**All Day Breakfast:** Pork Sausage, Scrambled Egg, Baked Beans & Herby Potatoes	Beef Bolognese with Spaghetti or Wholegrain Penne	Roast Chicken, Gravy Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges	Fish Fingers & Chips
Main Meal Option 2	**All Day Breakfast:** Vegan Quorn Sausage, Scrambled Egg, Herby Potatoes, with Broccoli, Sweetcorn & Baked Beans	Plant-based Pasta Bolognese with Wholewheat Penne or Spaghetti VG	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Biryani with Wholegrain Rice VG	Cheese Quiche & Chips
Halal Option	**All Day Breakfast:** Chicken Sausage, Scrambled Egg, Baked Beans & Herby Potatoes	Beef Bolognese with Spaghetti or Wholegrain Penne	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges	
Vegetables	Broccoli, Sweetcorn or Baked Beans	Garden Peas & Carrots	Seasonal Greens & Country Mixed Vegetables	Broccoli & Sweetcorn	Garden Peas & Baked Beans
Pasta	Pasta with Tomato & Basil Sauce VG				
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 Biscuit & Fresh Fruit Slices VG	Chocolatey Orange Fudge Cake	Strawberry Jelly with Fresh Fruit Slices VG	Lemon Drizzle Cake & Custard	Chocolatey Oaty Slice VG

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.

Autumn / Winter Menu Week 3

31st Aug, 21st Sep, 12th Oct, 2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausages, Mash & Gravy	BBQ Chicken & Pasta	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	**Wholemeal Pizza:** Margherita with Pasta Salad	Battered Fish & Chips
Main Meal Option 2	Quorn Sausage, Mash & Gravy VG	Macaroni Cheese	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Vegetable Pasta Carbonara	Crispy Vegetable Fingers & Chips VG
Halal Option	Chicken Sausages, Mash & Gravy	BBQ Chicken & Pasta	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	**Wholemeal Pizza:** Margherita with Pasta Salad	
Vegetables	Sweetcorn, Baked Beans & Broccoli	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Carrots or Sweetcorn	Garden Peas, Baked Beans
Pasta	Pasta with Tomato & Basil Sauce VG				
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	Raspberry Jelly VG	Crunchy Biscuit with Fresh Fruit Slices VG	Iced Sponge Cake

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.