

Autumn / Winter Menu Week 1

W/C - 10th Nov, 1st & 22nd Dec, 12th Jan 2nd & 23rd Feb 16th Mar

Eativerse
A UNIVERSE OF FOOD AND DRINK

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 & Sunny Rice	Roast Chicken , Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option	Macaroni Cheese	Italian Quorn Meatballs served with Pasta ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Sausage in a Bun with Home-baked Potato Wedges ^{VG}	Vegetable Fingers & Chips with ^{VG}
Vegetables	Selection of Seasonal Vegetables	Selection of Seasonal Vegetables	Selection of Seasonal Vegetables	Selection of Seasonal Vegetables	British Red Tractor Garden Peas, Baked Beans
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise Ham or Pasta with Cheese or Tomato & Basil Sauce				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans
Dessert	Vanilla Shortbread ^{VG}	Chocolate & Pear Crumble ^{VG} & Custard	Strawberry Jelly ^{VG}	Oaty Date Cookie	Vanilla Ice Cream

Available Daily: Choice of Seasonal Fruit

Portion(s) of fruit or veg	Source of wholegrain	Contains plant-based proteins	50% fruit	Oily fish	Vegan	VG
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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.