

Autumn / Winter Menu Week 2

W/C - 17th Nov, 8th & 29th Dec, 19th Jan, 9th Feb, 2nd & 23rd Mar

Eativerse
A UNIVERSITY OF FOOD AND DRINK

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Pork Sausage & Mash with Gravy	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-Baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option	Veggie Sausage & Mash with Gravy ^{VG}	Plant-based Pasta Bolognese & Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Macaroni Cheese	Vegetable Fingers & Chips ^{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 or Ham 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	Shortbread Pin Wheels ^{VG}	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard	Flapjack ^{VG}	Chocolate Mousse

Available Daily: Choice of Seasonal Fruit

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.