

Autumn / Winter Menu Week 3

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

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Halal Option	Chicken Sausages, Mash & Gravy	Minced Beef Shortcrust Pastry Pie with Homemade Potato Wedges	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Pizza: Vegetable or Margherita with Pasta Salad	Fish Fingers served with Chips
Vegetarian Option	Quorn Sausage, Mash & Gravy ^{VG}	Veggie Mince & Vegetable Shortcrust Pastry Pie & Homemade Potato Wedges	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Vegetable Pasta Carbonara	Crispy Vegetable Fingers & Chips ^{VG}
Vegetables	Sweetcorn, Baked Beans & Broccoli	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Carrots or Sweetcorn	Garden Peas, Baked Beans
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise / Pasta with Cheese or 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.