

Autumn / Winter Menu Week 3

3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 23rd Feb, 16th March

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Margherita Pizza with Tomato Pasta 	Pork Sausage, Gravy, Roast Potatoes Yorkshire Puddings	Red Tractor Beef Pasta Bolognese & Garlic Bread	MSC Fish Fingers & Chips
Vegetarian	Crispy Vegetable Fingers with Home Baked Wedges 	Tomato & Basil Pasta 	Veggie Sausage, Gravy, Roast Potatoes and Yorkshire Puddings	Veggie Bolognese & Garlic Bread	Cheese & Onion Roll with Chips & Ketchup
Vegetables	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Pasta Pot/Grab and Go	Pasta Pot	Grab and Go	Pasta Pot	Grab and Go	Pasta Pot
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	Chocolate cookie	Marble sponge & Custard	Strawberry Jelly	Banana cake	Iced Sponge Cake with Sprinkles

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.