

# Autumn / Winter Menu Week 1

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

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A UNIVERSE OF FOOD AND FUN

| 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                                                                             | Red Tractor Beef Pasta Bolognese & Garlic Bread<br>         | Roast Chicken , Gravy, Stuffing & Roast Potatoes                                                                                       | Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges<br>             | MSC Fish Fingers & Chips                                                                                                               |
| Main Meal Option      | Macaroni Cheese                                                                                                                      | Italian Quorn Meatballs served with Pasta <sup>VG</sup><br> | Quorn Grill, Gravy, Stuffing & Roast Potatoes<br>   | Vegetable Sausage in a Bun with Home-baked Potato Wedges <sup>VG</sup><br> | Vegetable Fingers & Chips with <sup>VG</sup>                                                                                           |
| Vegetables            | Selection of Seasonal Vegetables<br>                | Selection of Seasonal Vegetables<br>                        | Selection of Seasonal Vegetables<br>                | Selection of Seasonal Vegetables<br>                                       | British Red Tractor Garden Peas, Baked Beans<br>    |
| 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<br> | Jacket Potato with Tuna Mayo or Cheese or Beans<br>         | Jacket Potato with Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Tuna Mayo or Cheese or Beans<br>                        | Jacket Potato with Tuna Mayo or Cheese or Beans<br> |
| Dessert               | Vanilla Shortbread <sup>VG</sup>                                                                                                     | Chocolate & Pear Crumble <sup>VG</sup> & Custard<br>       | Strawberry Jelly <sup>VG</sup>                                                                                                         | Oaty Date Cookie<br>                                                      | 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



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

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

| 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 <sup>VG</sup>                                                       | Plant-based Pasta Bolognese & Garlic Bread      | Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes   | Macaroni Cheese                                       | Vegetable Fingers & Chips <sup>VG</sup>         |
| 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 <sup>VG</sup>                                                                  | Chocolate Fudge Cake                            | Apple Crumble <sup>VG</sup> & Custard                    | Flapjack <sup>VG</sup>                                | Chocolate Mousse                                |

Available Daily: Choice of Seasonal Fruit

INSERT DATES

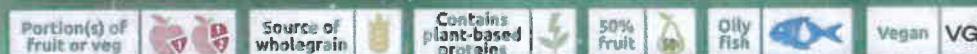
# Autumn / Winter Menu Week 3

W/C – 3<sup>rd</sup> & 24<sup>th</sup> Nov, 15<sup>th</sup> Dec, 5<sup>th</sup> & 26<sup>th</sup> Jan, 16<sup>th</sup> Feb, 9<sup>th</sup> & 30<sup>th</sup> Mar

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| WEEK THREE            | FAVOURITES MONDAY                                                                                       | WORLD TUESDAY                                           | ROAST WEDNESDAY                                 | PIZZA PARTY THURSDAY                            | FISH FRIDAY                                     |
|-----------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|
| Main Meal Option      | Beef Burger with Home-Baked Potato Wedges                                                               | Mild Chicken Curry served with Mixed Rice               | Roast Chicken Gravy, Stuffing & Roast Potatoes  | Margherita Pizza with Home-Baked Potato Wedges  | MSC Fish Fingers & Chips                        |
| Main Meal Option      | Vegetable Burger with Home-Baked Potato Wedges <sup>VG</sup>                                            | Vegetable Sausage Hotdog served with Home-Baked Wedges. | Quorn Grill, Gravy, Stuffing & Roast Potatoes   | Boston BBQ Five Bean Stew with Sunny Rice       | Cheese & Onion Roll with Chips                  |
| 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<br>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               | Chocolate Oaty Slice <sup>VG</sup>                                                                      | Syrup Sponge Pudding & Custard                          | Apple & Cinnamon Rolls                          | Vanilla Cookie & Fruit Slices <sup>VG</sup>     | Iced Sponge Cake                                |

Available Daily: Choice of Seasonal Fruit



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.