

# Autumn / Winter Menu Week 1

7th & 28th Sep, 19th Oct, 9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

**Eativerse**  
A UNIVERSE OF FOOD AND DRINK

| WEEK ONE                     | FAVOURITES MONDAY                                                                                                                                   | WORLD TUESDAY                                                                                                                                       | ROAST WEDNESDAY                                                                                                                                       | PLANET PIZZA THURSDAY                                                                                                                                 | FISH FRIDAY                                                                                                                                           |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Main Meal Option</b>      | Pork Sausage Pasta & Bean bake with garlic bread<br>               | Chicken Tikka Curry with Mixed Wholegrain & White Rice<br>         | Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes                                                                                      | <b>Whole meal Pizza:</b><br>Margherita with Home-baked Potato Wedges                                                                                  | Fish Fingers & Chips                                                                                                                                  |
| <b>Vegetarian Option</b>     | Vegetable Sausage Jambalaya<br>                                    | Tomato, Basil & vegetable pasta bake<br>                           | Cheese, potato & onion pastry whirl & Roast Potatoes                                                                                                  | Vegetable cottage pie<br>                                          | Cheesy bean pitta                                                                                                                                     |
| <b>Vegetables</b>            | Broccoli & Sweetcorn<br>                                           | Carrots & Garden Peas<br>                                          | Seasonal Greens & Country Mixed Vegetables<br>                     | Mixed Salad, Broccoli & Sweetcorn<br>                              | Garden Peas, Baked Beans<br>                                       |
| <b>Sandwiches/Pasta</b>      | Cheese, Tuna or Ham sandwich or Pasta                                                                                                               | Cheese, Tuna or Ham sandwich or Pasta                                                                                                               | Cheese, Tuna or Ham sandwich or Pasta                                                                                                                 | Cheese, Tuna or Ham sandwich or Pasta                                                                                                                 | Cheese, Tuna or Ham sandwich or Pasta                                                                                                                 |
| <b>Baked Jacket Potatoes</b> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> |
| <b>Dessert</b>               | Chocolatey Cornflake Crispy Cake <sup>VG</sup>                                                                                                      | Gingerbread Cookie & Fresh Fruit Slices<br>                      | Orange Jelly & Fresh Fruit Slices <sup>VG</sup><br>              | Marble Sponge & Custard                                                                                                                               | Brownie                                                                                                                                               |

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.