

Autumn / Winter Menu Week 2

14th Sep, 5th & 26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option	All Day Breakfast: Pork Sausage, Scrambled Egg, Baked Beans & Herby Potatoes 	Beef Bolognese with Spaghetti or Wholegrain Penne 	Roast Chicken , Gravy Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges / Half a Jacket Potato 	Fish Fingers & Chips
Vegetarian Option	Macaroni cheese	Plant-based Pasta Bolognese with Wholewheat Penne or Spaghetti ^{VG} 	Quorn grill, gravy, stuffing & roast potato	Vegetable Biryani with Rice 	Cheese quiche & chips
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Garden Peas & Carrots 	Seasonal Greens & Country Mixed Vegetables 	Broccoli & Sweetcorn 	Garden Peas & Baked Beans 
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	Cheese, Tuna or Ham Sandwich or Pasta
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	Shortbread Biscuit & Fresh Fruit Slices ^{VG} 	Chocolatey Orange Fudge Cake	Orange / Strawberry Jelly with Fresh Fruit Slices ^{VG} 	Lemon Drizzle Cake & Custard	Chocolatey Oaty Slice ^{VG}

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.