















**Eativerse**  
A UNIVERSE OF FOOD AND DRINK

## Autumn Winter Menu 2023/24 – Week One

6 Nov, 27 Nov, 18 Dec, 22 Jan, 19 Feb, 11 Mar

WEEK ONE	 <b>PLANET GREEN MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Pip's Planet-Friendly Option</b>	Pasta with Tomato & Basil Sauce	Cheese & Tomato Pizza & Garlic Bread 	Quorn Sausage Casserole in a Yorkshire Pudding 	Cheese Oatcake & Skin on Baked Wedges	Mediterranean Vegetable Pasta Bake 
<b>Option Two</b>	Homemade Macaroni Cheese	Chicken & Indian Lentil Tikka Masala Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Pork Sausage Roll & Skin on Baked Wedges	Cod Fish Fingers & Chips
<b>Vegetables</b>	Mixed Vegetables Sweetcorn 	Peas Cauliflower 	Carrots Seasonal Greens 	Baked Beans Sweetcorn 	Baked Beans Peas 
<b>Sandwiches</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
<b>Dessert</b>	Homemade Apple Sponge Cake 	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Fruity Strawberry Jelly & Mandarin Segments 	Chocolate Shortbread

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s)  
of fruit or veg



Source of  
wholegrain



Contains  
plant-based  
proteins



50%  
fruit



Oily  
fish



**Our desserts meet Public Health 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.


















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## Autumn Winter Menu 2023/24 – Week Two

13 Nov, 4 Dec, 8 Jan, 29 Jan, 26 Feb, 18 Mar

WEEK TWO	 <b>PLANET GREEN MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Pip's Planet-Friendly Option</b>	<b>Loaded Cheesy Bean Hot Pitta Parcel</b> 	<b>Plant-based Bolognese Pasta with Lentils, Peppers &amp; Basil</b> 	<b>Quorn Sausage Toad in the Hole, Roast Potatoes &amp; Gravy</b>	<b>Cheese Oatcake &amp; Skin on Baked Wedges</b>	<b>Cheese &amp; Onion Pastry Roll &amp; Chips</b>
<b>Option Two</b>	<b>Homemade Cheese &amp; Tomato Pizza &amp; Garlic Bread</b> 	<b>Hearty Pasta Bolognese with Peppers</b> 	<b>Toad in the Hole, Roast Potatoes &amp; Gravy</b>	<b>Mexican Style Chicken, Bean &amp; Sweetcorn Burrito</b> 	<b>Cod Fish Fingers &amp; Chips</b>
<b>Vegetables</b>	<b>Sweetcorn Peas</b> 	<b>Green Beans Carrots</b> 	<b>Cauliflower Seasonal Greens</b> 	<b>Baked Beans Sweetcorn</b> 	<b>Baked Beans Peas</b> 
<b>Sandwiches</b>	<b>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham</b>				
<b>Baked Jacket Potatoes</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>
<b>Dessert</b>	<b>Apple &amp; Sultana Crumble Bar</b> 	<b>Homemade Lemon Cake &amp; Custard</b>	<b>Banana Cake &amp; Fruit Slices</b> 	<b>Chocolate Cookie</b>	<b>Fruity Strawberry Jelly</b>

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg	  	Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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## Autumn Winter Menu 2023/24 – Week Three

20 Nov, 11 Dec, 15 Jan, 5 Feb, 4 Mar,

WEEK THREE	 <b>PLANET GREEN MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Pip's Planet-Friendly Option</b>	Quorn Sausage & Bean Loaded Hot Pockets 	Plant-based Mince & Lentil Cottage Pie 	Quorn Sausage, Roast Potatoes & Gravy	Cheese Oatcake & Skin on Baked Wedges	Cheese & Onion Pastry Roll & Chips
<b>Option Two</b>	Homemade Macaroni Cheese	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast of the Day, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	Cod Fish Fingers & Chips
<b>Vegetables</b>	Sweetcorn 	Mixed Vegetables Peas 	Seasonal Greens Carrots 	Baked Beans Cauliflower 	Baked Beans Peas 
<b>Sandwiches</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
<b>Dessert</b>	Chocolate Banana Cake	Oaty Flapjack Finger with Fruit 	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Shortbread & Mandarin Pieces 

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s)  
of fruit or veg



Source of  
wholegrain



Contains  
plant-based  
proteins



50%  
fruit



Oily  
fish



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