

Autumn / Winter Menu Week 3

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

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 Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	MSC Fish Fingers & Chips
Vegetarian Option 2	Vegetable Burger with Home-baked Potato Wedges 	Cheese Filled Oatcake Potato Wedges Baked Beans	Quorn Grill, Gravy, Stuffing & Mashed Potato 	Sweet & Sour Vegetables & Sunny Rice ^{VG} 	Vegetable Fingers & Chips ^{VG}
Vegetables	Sweetcorn Baked Beans 	Broccoli Cauliflower Carrots 	Seasonal Greens Carrots 	Broccoli Sweetcorn 	British Red Tractor Garden Peas Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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 Oaty Slice ^{VG}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls 	Vanilla Cookie & Fruit Slices ^{VG} 	Iced Sponge Cake with Sprinkles

Available Daily: 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
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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.