

Autumn / Winter Menu Week 3

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

Eativerse
A UNIVERSITY 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	Gammon, Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Vegetable Burger with Home-baked Potato Wedges ve	Spinach & Sweet Potato Curry ve	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Boston BBQ Five Bean Stew with Sunny Rice	Crispy Vegetable Fingers & Chips ve
Vegetables	Sweetcorn, Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Broccoli or Sweetcorn	British Red Tractor Garden Peas, Baked Beans
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	Syrup Sponge Pudding & Custard	Chocolate Oaty Slice	Apple & Cinnamon Rolls	Vanilla Cookie & Fruit Slices ve	Iced Sponge Cake with Sprinkles

Available Daily: Pick & Mix Selection

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.