

Autumn / Winter Menu Week 3

2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Tender Chicken Pieces and Pasta in a Tomato & Herb Sauce with Sweetcorn & Broccoli 	Minced Beef & Onion Shortcrust Pastry Pie with Homemade Potato Wedges, Carrots & Garden Peas 	Pork Sausages, Mash, Broccoli, Sweetcorn & Gravy 	Margherita Pizza with Pasta Salad, Carrots & Sweetcorn 	Battered Fish with Chips, Garden Peas & Baked Beans 
Main Meal Option 2	Tomato & Basil Pasta	Veggie Mince & Vegetable Shortcrust Pastry Pie & Homemade Potato Wedges, Carrots & Garden Peas ^{VG} 	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy ^{VG} 	Vegetable Pasta Carbonara with Carrots & Sweetcorn 	Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans ^{VG} 
KS2 Junior Deli	Cheese & Onion Loaded Potato Skins	Chicken Mayo & Sweetcorn Wrap	½ Cheese & Tomato Panini with Roast Potatoes	Cheese & Tomato Pizza Swirls	
Hot & Tasty Pasta Pot	Pasta Twists served with Tomato & Basil Sauce				
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 				
Dessert KS1	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit
Dessert KS2	Chocolatey Cookie ^{VG}	Apple Sponge & Custard 	Raspberry Jelly ^{VG}	Crunchy Biscuit	Iced Sponge Cake

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.