

Autumn / Winter Menu Week 1

31/8 14/9 28/9 12/10 26/10 9/11 23/11 7/12 21/12 4/1 18/1 1/2 15/2 1/3 15/3 29/3

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A UNIVERSE OF FOOD AND DRINK

WEEK ONE	MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	THURSDAY	FISH FRIDAY
Main Meal Option 1	Chicken & Sweetcorn Meatballs with Mashed Potato & Gravy	BBQ Chicken with White Rice	Roast Chicken Gravy, Stuffing & Mashed Potato	Butternut Squash & Tomato Pasta Bake ^{VG} 	Fish Fingers & Mashed Potato
Main Meal Option 2	Macaroni Cheese	BBQ Vegetables with White Rice	Quorn Grill, Gravy, Stuffing & Mashed Potatoes	Vegetable Cottage Pie ^{VG} 	Tomato & Basil Pasta
Daily Vegetables	Broccoli 	Carrots 	Carrots 	Broccoli 	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, Cheese, Salmon Mayo, or Beans   
Dessert	Iced Sponge Cake & Custard	Lemon Drizzle Cake & Custard	Apple Sponge & Custard	Marble Sponge & Custard	Chocolate Brownie & Custard
Available Daily	Yoghurt Banana				

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.