

Autumn / Winter Menu Week 2

21/9 5/10 19/10 2/11 16/11 30/11 14/2 28/12 11/1 25/1 8/2 22/2 8/3 22/3

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK TWO	MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	THURSDAY	FISH FRIDAY
Main Meal Option 1	Scrambled Egg, Baked Beans & Mashed Potato	Beef Bolognese with Spaghetti 	Roast Gammon/Chicken, Gravy Stuffing & Mashed Potato	Vegetable Lasagne 	Fish Fingers & Mashed Potato
Main Meal Option 2	Macaroni Cheese	Vegetable Meatball Masala & White Rice ^{VG} 	Quorn Grill, Gravy, Stuffing & Mashed Potato	Roasted Butternut & Lentil Loaf with Tomato Sauce & White Rice ^{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 or Cheese or Beans 
Dessert	Chocolatey Orange Fudge Cake & Custard	Iced Sponge Cake & Custard	Marble Sponge & Custard	Chocolate Brownie & Custard	Lemon Drizzle Cake & 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.