

Autumn / Winter Menu Week 3

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

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 & /Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges	MSC Fish Fingers & Chips
Vegetarian Option	Vegetable Burger with Home-baked Potato Wedges ^{VG}	Spinach & Sweet Potato Curry ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Sweet & Sour Vegetables & Sunny Rice ^{VG}	Cheesy Egg Muffins & Chips
Vegetables	Seasonal vegetable selection	Seasonal vegetable selection	Seasonal vegetable selection	Seasonal vegetable selection	Seasonal vegetable selection
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 (Yr2, Yr3, Yr4, Yr5, Yr6)	Chocolate Oaty Slice ^{VG}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls	Vanilla Cookie & Fruit Slices ^{VG}	Iced Sponge Cake with Sprinkles
Dessert (Reception & Yr1)	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit

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.