

Autumn / Winter Menu Week 3

31st Aug, 21st Sep, 12th Oct, 2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Halal Main Meal Option	Wholegrain Bean Wrap	Lamb Bolognese with Spaghetti or Wholegrain Penne 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Chicken Tikka Curry with Mixed Wholegrain & White Rice	Battered Fish or Fish Fingers & Chips
Vegetarian Meal Option	Masala Chickpea & Peppers with Wholegrain Rice ^{VG} 	Plant-based Pasta Bolognese with Wholewheat Penne or Spaghetti ^{VG} 	Vegetable & Lentil Puff Pastry Slice with Roast Potatoes & Gravy 	Roasted Butternut and Lentil with Tomato Sauce & Yellow Mixed Rice 	Crispy Vegetable Fingers & Chips ^{VG}
Vegetables	Sweetcorn, Baked Beans & Broccoli 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Carrots or Sweetcorn 	Garden Peas, Baked Beans 
Baked Jacket Potatoes/Pasta Sandwiches	Pasta with Tomato Basil Sauce	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Freshly Made Sandwiches with Cheese or Tuna Mayo	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Cheesy Pasta
Dessert	Marble Sponge	Apple Sponge & Custard 	Raspberry Jelly ^{VG}	Crunchy Biscuit with Fresh Fruit Slices ^{VG} 	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.

Autumn / Winter Menu Week 2

14th Sep, 5th & 26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

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WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Halal Main Meal Option	All Day Breakfast: Vegetable Sausage, Baked Beans & Herby Potatoes 	Lamb Bolognese with Spaghetti or Wholegrain Penne 	Roast Chicken, Gravy Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges/Half Jacket Potato 	Fish Fingers & Chips
Vegetarian Meal Option	Macaroni Cheese	Plant-based Pasta Bolognese with Wholewheat Penne or Spaghetti ^{VG} 	Sweet Potato and Lentil Roast, Gravy, Stuffing & Roast Potatoes ^{VG} 	Vegetable Biryani with Wholegrain Rice ^{VG} 	Vegetable Fingers with Chips
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Garden Peas & Carrots 	Seasonal Greens & Country Mixed Vegetables 	Broccoli & Sweetcorn 	Garden Peas & Baked Beans 
Baked Jacket Potatoes/ Pasta/Sandwiches	Jacket Potato with Cheesy Beans, or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Freshly Made Sandwiches with Cheese or Tuna Mayo	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Cheesy Pasta
Dessert	Marble Cake & Custard	Chocolatey Orange Fudge Cake	Orange / Strawberry Jelly with Fresh Fruit Slices ^{VG} 	Lemon Drizzle Cake & Custard	Chocolatey Oaty Slice ^{VG} with Fruit Slices 

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

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Autumn / Winter Menu Week 1

7th & 28th Sep, 19th Oct, 9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

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WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Halal Main Meal Option	Vegetable Sausage, Jambalaya Rice 	Chicken Tikka Curry with Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Wholemeal Pizza: with Home-baked Potato Wedges 	Fish Fingers & Chips
Vegetarian Meal Option	Pasta with Tomato Basil Sauce	Macaroni Cheese	Cheese & Onion Pastry Whirl with Roast Potatoes	Wholemeal Pizza: with Home-baked Potato Wedges/ 	Cheese & Onion Roll & Chips ^{VG}
Vegetables	Broccoli & Sweetcorn 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Mixed Salad, Broccoli & Sweetcorn 	Garden Peas, Baked Beans 
Baked Jacket Potatoes/Pasta Sandwiches	Jacket Potato with Cheesy Beans, or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Freshly Made Sandwiches with Cheese or Tuna Mayo	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Pasta with Cheese
Dessert	Chocolatey Cornflake Crispy Cake ^{VG}	Lemon Drizzle Cake & Fresh Fruit Slices 	Orange Jelly & Fresh Fruit Slices ^{VG} 	Marble Sponge & Custard	Brownie

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg



Source of wholegrain



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