

Autumn / Winter Menu Week 1

W/C - 10th Nov, 1st & 22nd Dec, 12th Jan 2nd & 23rd Feb 16th Mar

Eativerse
UNIVERSITY OF FOOD AND DRINK

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Roast Chicken , Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option	Macaroni Cheese	Italian Quorn Meatballs served with Pasta ^{ve}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Sausage in a Bun with Home-baked Potato Wedges ^{ve}	Vegetable Fingers & Chips with ^{ve}
Vegetables	Selection of Seasonal Vegetables	Selection of Seasonal Vegetables	Selection of Seasonal Vegetables	Selection of Seasonal Vegetables	British Red Tractor Garden Peas, Baked Beans
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise Ham or Pasta with Cheese or Tomato & Basil Sauce				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans
Dessert	Vanilla Shortbread ^{ve}	Chocolate & Pear Crumble ^{ve} & Custard	Strawberry Jelly ^{ve}	Oaty Date Cookie	Vanilla Ice Cream

Available Daily: Choice of Seasonal Fruit

Portion(s) of Fruit or Veg	Source of wholegrain	Contains plant-based proteins	50% Fruit	Oily Fish	Vegan	VG
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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

W/C - 17th Nov, 8th & 29th Dec, 19th Jan, 9th Feb, 2nd & 23rd Mar

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Pork Sausage & Mash with Gravy	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-Baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option	Veggie Sausage & Mash with Gravy 	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Macaroni Cheese	Vegetable Fingers & Chips 
Vegetables	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Pasta with Cheese or Tomato & Basil Sauce				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 
Dessert	Shortbread Pin Wheels 	Chocolate Fudge Cake	Apple Crumble   & Custard 	Flapjack 	Chocolate Mousse

Available Daily: Choice of Seasonal Fruit

Portion(s) of Fruit or veg	Source of wholegrain	Contains plant-based proteins	50% Fruit	Oily Fish	Vegan	VG
						

INSERT DATES

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Autumn / Winter Menu Week 3

W/C – 3rd & 24th Nov, 15th Dec, 5th & 26th Jan, 16th Feb, 9th & 30th Mar

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	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
Main Meal Option	Vegetable Burger with Home-Baked Potato Wedges v _g	Vegetable Sausage Hotdog served with Home-Baked Wedges.	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Boston BBQ Five Bean Stew with Sunny Rice	Cheese & Onion Roll with Chips
Vegetables	Selection of Seasonal Vegetables	Selection of Seasonal Vegetables	Selection of Seasonal Vegetables	Selection of Seasonal Vegetables	British Red Tractor Garden Peas, Baked Beans
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Pasta with Cheese or Tomato & Basil Sauce				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans
Dessert	Chocolate Oaty Slice v _g	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls	Vanilla Cookie & Fruit Slices v _g	Iced Sponge Cake

Available Daily: Choice of Seasonal Fruit

Portion(s) of Fruit or Veg	Source of wholegrain	Contains plant-based proteins	50% Fruit	Oily fish	Vegan	VG
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