

Autumn / Winter Menu Week 1

10th Nov, 1st & 22nd Dec, 19th Jan, 9th Feb, 2nd & 23rd March

Eativerse
A UNUSUAL EAT FOOD AND DRINK

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	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 2	Macaroni Cheese	Italian Quorn Meatballs served with Pasta ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Sausage in a Bun with Home-baked Potato Wedges ^{VG}	Vegetable Fingers & Chips with Ketchup ^{VG}
Vegetables	Baked Beans & Sweetcorn	Mixed Salad or Broccoli	Seasonal Greens & Carrots	British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwiches,	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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, Cheese, or Beans
Dessert	Vanilla Shortbread ^{VG} & Chocolate Sauce	Chocolate & Pear Crumble ^{VG} & Custard	Strawberry Jelly ^{VG}	Oaty Date Cookie	Vanilla Ice Cream

Available Daily: 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

27th Oct, 17th Nov, 8th Dec, 5th & 26th Jan, 16th Feb, 9th March

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A UNIVERSITY OF FOOD AND DRINK

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	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 Battered Pollock & Chips
Main Meal Option 2	Veggie Sausage & Mash with Gravy ^{VG} 	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Macaroni Cheese	Cheese Flan & Chips
Halal Option	Halal Chicken Sausage & Mash with Gravy	Halal Red Tractor Beef/Lamb/Chicken Pasta Bolognese & Garlic Bread 	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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 & Fruit Slices ^{VG} 	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard 	Flapjack ^{VG}	Chocolate Mousse

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt

INSERT DATES

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 3

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

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A UNIVERSITY 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
Main Meal Option 2	Vegetable Burger with Home-baked Potato Wedges ^{VG}	Vegetable Sausage Hotdog served with Home-baked Wedges	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Lasagne & Garlic Bread	Crispy Vegetable Fingers & Chips ^{VG}
Halal Option	Beef/Lamb Burger with Home-baked Potato Wedges	Halal Mild Chicken Curry served with Mixed Rice	Roast Chicken, Gravy Stuffing & Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges	
Vegetables	Sweetcorn, Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Broccoli or Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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 ^{VG}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls	Vanilla Cookie & Fruit Slices ^{VG}	Iced Sponge Cake with Sprinkles

Available Daily: 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

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