



**E A T S M A R T**

# Autumn/Winter Menu Week 1

10<sup>th</sup> Nov. 1<sup>st</sup> & 22<sup>nd</sup> Dec. 19<sup>th</sup> Jan. 9<sup>th</sup> Feb. 2<sup>nd</sup> & 23<sup>rd</sup> March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option</b>	Red Tractor Chicken Sausage & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	MSC Fish Fingers & Chips
<b>Halal Option</b>	Halal Chicken Sausage & Home-baked Potato Wedges	Halal Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice 	Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	MSC Fish Fingers & Chips
<b>Vegetarian Option</b>	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Italian Quorn Meatballs served with Pasta <sup>VG</sup> 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheese Flan 	Vegetable Fingers & Chips with Ketchup <sup>VG</sup>
<b>Vegetables</b>	Baked Beans & Sweetcorn 	Mixed Salad or Broccoli 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches, Rice &amp; Pasta</b>	Freshly Made Baguette with Cheddar or Tuna Mayonnaise Pasta with Cheese or Tomato & Basil Sauce 				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 				
<b>Dessert</b>	Vanilla Shortbread <sup>VG</sup>	Chocolate & Pear Crumble <sup>VG</sup> & Custard 	Strawberry Jelly <sup>VG</sup>	Oaty Date Cookie 	Vanilla Ice Cream

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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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.



**E A T S M A R T**

# Autumn/Winter Menu Week 2

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

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option 1</b>	Chicken 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
<b>Halal Option</b>	Halal Chicken Sausage & Mash with Gravy	Halal Red Tractor Beef Pasta Bolognese & Garlic Bread 	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	MSC Fish Fingers & Chips
<b>Vegetarian Option</b>	Veggie Sausage & Mash with Gravy <sup>VG</sup> 	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Macaroni Cheese	Cheese Flan & Chips
<b>Vegetables</b>	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 
<b>Sandwiches, Rice &amp; Pasta</b>	Freshly Made Baguette with Cheddar or Tuna Mayonnaise Pasta with Cheese or Tomato & Basil Sauce 				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 				
<b>Dessert</b>	Shortbread Pin Wheels & Fruit Slices <sup>VG</sup> 	Chocolate Fudge Cake	Apple Crumble <sup>VG</sup> & Custard 	Flapjack <sup>VG</sup>	Chocolate Mousse

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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**E A T S M A R T**

# Autumn/Winter Menu Week 3

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

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option 1</b>	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato/Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges 	MSC Fish Fingers & Chips
<b>Halal Option</b>	Halal Lamb Burger with Home-baked Potato Wedges	Halal Mild Chicken Curry served with Mixed Rice 	Roast Chicken, Gravy Stuffing & Mashed Potato/Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges 	MSC Fish Fingers & Chips
<b>Vegetarian Option</b>	Vegetable Burger with Home-baked Potato Wedges <sup>VG</sup> 	Vegetable Pasta Carbonara	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Sweet & Sour Vegetables & Sunny Rice <sup>VG</sup> 	Crispy Vegetable Fingers & Chips <sup>VG</sup>
<b>Vegetables</b>	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches, Rice &amp; Pasta</b>	Freshly Made Baguette with Cheddar or Tuna Mayonnaise Pasta with Cheese or Tomato & Basil Sauce				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 				
<b>Dessert</b>	Chocolate Oaty Slice <sup>VG</sup>	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls 	Vanilla Cookie & Fruit Slices <sup>VG</sup> 	Iced Sponge Cake with Sprinkles

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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