




















E A T S M A R T

Autumn/Winter Menu Week 1

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

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Halal and Non-Halal	Halal Chicken Sausage Roll & Home-baked Potato Wedges	Halal Chicken 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
Vegetarian	Macaroni Cheese	Italian Quorn Meatballs served with Pasta ^{VG} 	Creamy Bean & Vegetable Crumble with Roast Potatoes 	Vegetable Sausage in a Bun with Home-baked Potato Wedges ^{VG} 	Jacket Potato & Mild Vegetable Chilli ^{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, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise / Pasta with Cheese or Tomato & Basil Sauce				
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, Cheese, Salmon Mayo, or Beans 
Dessert	Vanilla Shortbread ^{VG} & Chocolate Sauce	Chocolate & Pear Crumble ^{VG} & Custard 	Strawberry Jelly ^{VG}	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.



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Autumn/Winter Menu Week 2

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

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Halal and Non-Halal	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 Battered Pollock & Chips
Vegetarian	Cauliflower, Sweet Potato & Chickpea Curry with Rice ^{VG} 	Veggie Sausage & Baked Bean Hot Pot ^{VG} 	Stuffed Yorkshire Pudding with Roasted Winter Vegetable Casserole & Roast Potatoes ^{VG} 	Macaroni Cheese	Roast Mediterranean Vegetable, Tomato & Mozzarella Tart
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, Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise / Pasta with Cheese or Tomato & Basil Sauce				
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	Shortbread Pin Wheels & Fruit Slices ^{VG} 	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard 	Flapjack ^{VG}	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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Autumn/Winter Menu Week 3

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

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Halal and Non-Halal Option	Halal Beef 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 	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 	Sweet & Sour Vegetables & Sunny Rice ^{VG} 	Cheese Flan  or Cheese & Onion Roll with Chips & Ketchup
Vegetables	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches, Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise / Pasta with Cheese or Tomato & Basil Sauce				
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	Chocolate Oaty Slice ^{VG}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls 	Vanilla Cookie & Fruit Slices ^{VG} 	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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England's target for 'free sugar' intake for your child
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