




















**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<br>                     | Roast Chicken, Gravy, Stuffing & Roast Potatoes  | Margherita Pizza with Home-baked Potato Wedges<br>                | MSC Fish Fingers & Chips   |
| <b>Main Meal Option 2</b>       | Vegetable Burger with Home-baked Potato Wedges <sup>VG</sup><br>  | Vegetable Sausage Hotdog served with Home-baked Wedges<br>        | Vegetable Lasagne & Garlic Bread<br>                              | Boston BBQ Five Bean Stew with Sunny Rice<br>                     | Cheese & Onion Roll with Chips & Ketchup   |
| <b>Vegetables</b>               | Sweetcorn, Baked Beans<br>  | Broccoli, Cauliflower & Carrots<br>                               | Seasonal Greens & Carrots<br>                                     | Broccoli or Sweetcorn<br>   | British Red Tractor Garden Peas, Baked Beans<br>                  |
| <b>Sandwiches/ Rolls/ Wraps</b> | Freshly Made <b>Sandwich</b> with Cheddar, Tuna Mayonnaise or Ham  | Freshly Made <b>Roll</b> with Cheddar, Tuna Mayonnaise or Ham  | Freshly Made <b>Sandwich</b> with Cheddar, Tuna Mayonnaise or Ham  | Freshly Made <b>Roll</b> with Cheddar, Tuna Mayonnaise or Ham  | Freshly Made <b>Wrap</b> with Cheddar, Tuna Mayonnaise or Ham  |
| <b>Baked Jacket Potatoes</b>    | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> |
| <b>Dessert</b>                  | Chocolate Oaty Slice <sup>VG</sup>   | Apple & Cinnamon Rolls<br>                                      | Syrup Sponge Pudding & Custard   | Vanilla Cookie <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<br> | Source of wholegrain<br> | Contains plant-based proteins<br> | 50% fruit<br> | Oily fish<br> | Vegan VG<br> |
|---|---|--|--|--|---|

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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