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E A T S M A R T

Autumn/Winter Menu Week 1

8th Sept, 29th Sept, 20th Oct, 10th Nov, 1st Dec, 22nd Dec, 19th Jan, 9th Feb, 2nd March, 23rd March

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 & Mashed Potato	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	MSC Fish Fingers & Chips
Vegetarian Option	Macaroni Cheese	Lentil Fritter Taco with Corn Tortilla, Tomato Sauce & Sunny Rice ^{VG} 	Creamy Bean & Vegetable Crumble with Roast Potatoes 	Vegetable Sausage in a Bun with Home-baked Potato Wedges ^{VG} 	Mild Vegetable Chilli with Rice ^{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 Cheesy Beans, Tuna Mayo or Cheese or Beans 	Pasta with Cheese or Tomato & Basil Sauce	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Pasta with Cheese or Tomato & Basil Sauce	Mild Vegetable Chilli with Rice ^{VG} 
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 
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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

15th Sept, 6th Oct, 27th Oct, 17th Nov, 8th Dec, 5th Jan, 26th Jan, 16th Feb, 9th March

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal	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
Vegetarian Option	Cauliflower, Sweet Potato & Chickpea Curry with Rice ^{VG} 	Cheesy Naan Bread Pizza with Masala Chickpeas & Peppers & Crispy Home-baked Wedges ^{VG} 	Stuffed Yorkshire Pudding with Roasted Winter Vegetable Casserole & Roast Potatoes ^{VG} 	Vegetable Chilli & Sunny Vegetable Rice ^{VG} 	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	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Pasta with Cheese or Tomato & Basil Sauce	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Pasta with Cheese or Tomato & Basil Sauce	Jacket Potato with Cheesy Beans, Tuna Mayo, Salmon 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



















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Autumn/Winter Menu Week 3

01st Sept, 22nd Sept, 13th Oct, 3rd Nov, 24th Nov, 15th Dec, 12th Jan, 2nd Feb, 23rd Feb, 16th March

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice 	Roast Gammon, Gravy, Stuffing & Mashed Potato	Margherita Pizza with Home-baked Potato Wedges 	MSC Fish Fingers & Chips
Vegetarian Option	Vegetable Burger with Home-baked Potato Wedges ^{VG} 	Vegetable Sausage Hotdog served with Home-baked Wedges 	Vegetable Lasagne & Garlic Bread 	Rainbow Vegetable Lentil Pitta Pockets & Hummus ^{VG} 	Crispy Vegetable Fingers & Chips ^{VG}
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 Cheesy Beans, Tuna Mayo or Cheese or Beans 	Pasta with Cheese or Tomato & Basil Sauce	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Pasta with Cheese or Tomato & Basil Sauce	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 Topped with a Glace Cherry

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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