



EAT SMART

Autumn/Winter Menu Week 1

10th Nov 2025, 1st Dec 2025, 22nd Dec 2025, 19th Jan 2026, 9th Feb 2026, 2nd March 2026, 23rd March 2026

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	BBQ Chicken & 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 	Fish Fingers & Chips
Main Meal Option 2	Macaroni Cheese	Lentil Fritter Taco with Corn Tortilla, Tomato Sauce & Sunny Rice ^{VG}  	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheese Flan & 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, Rice & Pasta	Freshly made Cheddar Cheese Sandwich	Freshly made Tuna Mayo Sandwich	Freshly made Chicken Mayo Sandwich	Freshly made Ham Sandwich	Freshly made Tuna Mayo Sandwich
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	Vanilla Shortbread ^{VG} & Chocolate Custard	Pear Crumble ^{VG} & Custard 	Strawberry Jelly ^{VG} & Fruit Slices	Oaty Date Cookie 	Chocolate Muffin

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

27th Oct 2025, 17th Nov 2025, 8th Dec 2025, 5th Jan 2026, 26th Jan 2026, 16th Feb 2026, 9th March 2026

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Sausage & Mash with Gravy	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Chicken bbq Pizza & Home-baked Potato Wedges 	Battered Fish & Chips
Main Meal Option 2	Veggie Sausage & Mash with Gravy ^{VG} 	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	Cheese Flan & Chips
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, Rice & Pasta	Freshly made Cheddar Cheese Sandwich	Freshly made Tuna Mayo Sandwich	Freshly made Chicken Mayo Sandwich	Freshly made Ham Sandwich	Freshly made Tuna Mayo Sandwich
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 
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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 3

3rd Nov 2025, 24th Nov 2025, 15th Dec 2025, 12th Jan 2026, 2nd Feb 2026, 23rd Feb 2026, 16th March 2026

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Beef Burger in a Bun with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Pepperoni Pizza with Home-baked Potato Wedges 	Fish Fingers & Chips
Main Meal Option 2	Vegetable Burger with Home-baked Potato Wedges ^{VG} 	Jamaican Jumbled Curry Vegetables & Caribbean Dumplings ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Margherita Pizza with Home-baked Potato Wedges 	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, Rice & Pasta	Freshly made Cheddar Cheese Sandwich	Freshly made Tuna Mayo Sandwich	Freshly made Chicken Mayo Sandwich	Freshly made Ham Sandwich	Freshly made Tuna Mayo Sandwich
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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