













# Autumn Winter Menu 2023/24 – Week One

13 Nov, 04 Dec, 1 Jan, 22 Jan, 12 Feb, 04 Mar, 25 Mar, 11 Mar,



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet Friendly Option</b>	<b>Mexican Bean &amp; Roasted Vegetable Burrito</b> 	<b>Cheese &amp; Tomato Pizza &amp; Potato Wedges</b> 	<b>Quorn Sausage Casserole in a Yorkshire Pudding</b> 	<b>Cheese &amp; Onion Pastry Roll &amp; Skin on Baked Wedges</b>	<b>Mediterranean Vegetable Pasta Bake</b> 
<b>Option Two</b>	<b>Homemade Macaroni Cheese &amp; Garlic Bread</b>	<b>Chicken &amp; Indian Lentil Tikka Masala Curry &amp; Rice</b> 	<b>Filled Yorkshire Pudding with Beef &amp; Vegetable Mince &amp; Roast Potatoes</b>	<b>Pork Sausage Roll &amp; Skin on Baked Wedges</b>	<b>Cod Fish Fingers &amp; Chips</b>
<b>Vegetables</b>	<b>Mixed Vegetables, Sweetcorn</b> 	<b>Peas, Cauliflower</b> 	<b>Carrots, Seasonal Greens</b> 	<b>Green Beans, Sweetcorn</b> 	<b>Baked Beans, Peas</b> 
<b>Baked Jacket Potatoes</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>
<b>Dessert</b>	<b>Homemade Apple Sponge Cake</b> 	<b>Oaty Flapjack Finger</b>	<b>Homemade Vanilla Sponge &amp; Custard</b>	<b>Fruity Strawberry Jelly &amp; Mandarin Segments</b> 	<b>Chocolate Shortbread</b>

**Available Daily:** Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



**Our desserts meet Public Health 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.

Autumn Winter Menu 2023 / 24 ~ Week Two  
 23 Oct, 30 Oct, 20 Nov, 11 Dec, 08 Jan, 29 Jan, 19 Feb, 11 Mar,



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet Friendly Option</b>	<b>Loaded Cheesy Bean Hot Pitta Parcel</b> 	<b>Plant-based Bolognese Pasta with Lentils, Peppers &amp; Basil</b> 	<b>Quorn Sausage Toad in the Hole, Roast Potatoes &amp; Gravy</b>	<b>Homemade Macaroni Cheese &amp; Garlic Bread</b>	<b>Cheese &amp; Onion Pastry Roll &amp; Chips</b>
<b>Option Two</b>	<b>Homemade Cheese &amp; Tomato Pizza &amp; Potato Wedges</b> 	<b>Hearty Pasta Bolognese with Peppers</b> 	<b>Toad in the Hole, Roast Potatoes &amp; Gravy</b>	<b>Mexican Style Chicken, Bean &amp; Sweetcorn Burrito</b> 	<b>Cod Fish Fingers &amp; Chips</b>
<b>Vegetables</b>	<b>Sweetcorn, Peas</b> 	<b>Green Beans, Carrots</b> 	<b>Cauliflower, Seasonal Greens</b>	<b>Mixed Vegetables, Sweetcorn</b>	<b>Baked Beans, Peas</b>
<b>Baked Jacket Potatoes</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>
<b>Dessert</b>	<b>Apple &amp; Sultana Crumble Bar</b> 	<b>Homemade Lemon Cake &amp; Custard</b>	<b>Banana Cake &amp; Fruit Slices</b> 	<b>Chocolate Cookie</b>	<b>Fruity Strawberry Jelly</b>

**Available Daily:** Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg

Source of wholegrain

Contains plant-based proteins

50% fruit

Oily fish

**Our desserts meet Public Health 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.

# Autumn Winter Menu 2023/24 – Week Three

06 Nov, 27 Nov, 18 Dec, 15 Jan, 05 Feb, 26 Feb, 18 Mar, 08 Apr



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet Friendly Option</b>	Quorn Sausage & Bean Loaded Hot Pockets 	Plant-based Mince & Lentil Cottage Pie 	Quorn Sausage, Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza & Potato Wedges 	Cheese & Onion Pastry Roll & Chips
<b>Option Two</b>	Homemade Macaroni Cheese & Garlic Bread	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast of the Day, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	Cod Fish Fingers & Chips
<b>Vegetables</b>	Sweetcorn, Cauliflower 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas 
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
<b>Dessert</b>	Chocolate Banana Cake	Oaty Flapjack Finger with Fruit 	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Shortbread & Mandarin Pieces 

**Available Daily:** Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



**Our desserts meet Public Health 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.