



Autumn Winter Menu 2023/24 Week One 4 Sept, 25 Sept, 16 Oct, 13 Nov, 4 Dec, 1 Jan, 22 Jan, 12 Feb, 4 Mar, 25 Mar

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

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
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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 11 Sept, 2 Oct, 23 Oct, 30 Oct, 20 Nov, 11 Dec, 8 Jan,

29 Jan, 19 Feb, 11 Mar, 1 Apr

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

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

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Autumn Winter Menu 2023/24 Week Three 18 Sept, 9 Oct, 6 Nov, 27 Nov, 18 Dec, 15 Jan, 5 Feb, 26 Feb, 18 Mar, 8 Apr

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

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
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