



Autumn Winter Menu 2023/24 – Week One

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	Beany Veggie Wrap 	Cheese & Tomato Pizza & Garlic Bread 	Quorn Sausage Casserole in a Yorkshire Pudding 	Cheese & Onion Roll with Wedges	Veggie Pasta Bake
Option Two	Macaroni Cheese	Chicken Curry & Rice 	Yorkshire Pudding filled with Savoury Mince, with Roast Potatoes	Pork Sausage Roll & Wedges	Fish Fingers & Chips
Vegetables	Mixed Vegetables, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas
Pasta	Pasta with Tomato Sauce	Pasta with Cheese Sauce	Pasta with Tomato Sauce	Pasta with Cheese Sauce	Pasta with Tomato Sauce
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans				
Dessert	Apple Sponge 	Flapjack Finger	Vanilla Sponge & Custard	Tutti Frutti Jelly with Mandarins 	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



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

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	Cheesy Bean Pitta Pocket 	Veggie Bolognese Pasta 	Veggie Sausage Toad in the Hole, Roast Potatoes & Gravy	Macaroni Cheese	Cheese & Onion Roll & Chips
Option Two	Cheese & Tomato Pizza & Garlic Bread 	Pasta Bolognese 	Toad in the Hole, Roast Potatoes & Gravy	Chicken & Bean Wrap 	Fish Fingers & Chips
Vegetables	Sweetcorn, Peas 	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas
Pasta	Pasta with Cheese Sauce	Pasta with Tomato Sauce	Pasta with Cheese Sauce	Pasta with Tomato Sauce	Pasta with Cheese Sauce
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans				
Dessert	Apple Crumble Bar 	Lemon Cake & Custard	Banana Cake & Fruit Slices 	Chocolate Cookie	Strawberry Jelly

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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Autumn Winter Menu 2023/24 – Week Three

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	Bean & Veggie Sausage Pitta Pocket 	Veggie Mince Cottage Pie 	Veggie Sausage, Roast Potatoes & Gravy	Cheese & Tomato Pizza & Garlic Bread 	Cheese & Onion Roll & Chips
Option Two	Macaroni Cheese	BBQ Chicken Meatballs & Rice	Roast Turkey, Roast Potatoes & Gravy	Beef Chilli with Rice 	Fish Fingers & Chips
Vegetables	Sweetcorn 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas
Pasta	Pasta with Tomato Sauce	Pasta with Cheese Sauce	Pasta with Tomato Sauce	Pasta with Cheese Sauce	Pasta with Tomato Sauce
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans				
Dessert	Chocolate Banana Cake	Flapjack with Fruit 	Chocolate Sponge & Custard	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



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.