












# Autumn Winter Menu 2023/24 – Week One



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

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet Friendly Option</b>	Cheese & Tomato Pizza & Garlic Bread 	Vegetable Meatballs, Tomato Sauce & Rice	Quorn Sausage Casserole in a Yorkshire Pudding 	Cheese & Onion Pastry Roll & Skin on Baked Wedges	Mediterranean Vegetable Pasta Bake 
<b>Option Two</b>	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
<b>Vegetables</b>	Mixed Vegetables, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas 
<b>Sandwiches, Pasta</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Pasta with Cheese or Italian Tomato & Basil Sauce				
<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>	Homemade Apple Sponge Cake 	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Fruity Strawberry Jelly & Mandarin Segments 	Chocolate Shortbread

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



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</b>	<b>Cheese &amp; Onion Pastry Roll &amp; Chips</b>
<b>Option Two</b>	<b>Homemade Cheese &amp; Tomato Pizza &amp; Garlic Bread</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>Sandwiches, Rice &amp; Pasta</b>	<b>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham or Pasta with Cheese or Italian Tomato &amp; Basil Sauce</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>

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# Autumn Winter Menu 2023/24 – Week Three



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet Friendly Option</b>	Homemade Cheese & Tomato Pizza & Garlic Bread 	Plant-based Mince & Lentil Cottage Pie 	Quorn Sausage, Roast Potatoes & Gravy	Quorn Mince Chilli & Rice 	Cheese & Onion Pastry Roll & Chips
<b>Option Two</b>	Homemade Macaroni Cheese	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>Sandwiches, Rice &amp; Pasta</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Pasta with Cheese or Italian Tomato & Basil Sauce				
<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 

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Portion(s) of fruit or veg 	Source of wholegrain 	Contains plant-based proteins 	50% fruit 	Oily fish 
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