

# Autumn Winter Menu 2023/24 – Week One

13 Nov, 4 Dec, 25 Dec, 15 Jan, 5 Feb, 26 Feb, 18 Mar



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet Friendly Option</b>	Mexican Bean & Roasted Vegetable Burrito (Vegan) 	Cheese & Tomato Pizza (Vegan Available) 	Quorn Sausage Casserole in a Yorkshire Pudding 	Cheese & Onion Pastry Roll & 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 & Baked Wedges	Breaded Fish Fingers & Chips
<b>Vegetables</b>	Mixed Vegetables, Sweetcorn 	Peas, Salad 	Carrots, Green Beans 	Carrots, Sweetcorn 	Baked Beans, Peas 
<b>Pasta</b>	Pasta with Tomato sauce on Monday-Wednesday-Friday / Cheese Sauce on Tuesday-Thursday				
<b>Baked Jacket Potatoes</b>	Jacket Potato with choice of either Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans
<b>Dessert of the Day, or Fresh Fruit</b>	Homemade Apple Sponge Cake (Vegan) 	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Fruit Jelly (Vegan) 	Chocolate Shortbread

## Available Daily: Packed Lunch

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

30 Oct, 20 Nov, 11 Dec, 01 Jan, 22 Jan, 12 Feb, 04 Mar, 25 Mar



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet Friendly Option</b>	Loaded Cheesy Bean Hot Pitta Parcel (Vegan Available) 	Plant-based Bolognaise Pasta with Lentils, Peppers & Basil (Vegan) 	Quorn Sausage Toad in the Hole, Roast Potatoes & Gravy	Homemade Macaroni Cheese	Cheese & Onion Pastry Roll & Chips
<b>Option Two</b>	Homemade Cheese & Tomato Pizza (Vegan Available) 	Hearty Pasta Bolognaise with Peppers 	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken & Bean Burrito 	Breaded Fish Fingers & Chips
<b>Vegetables</b>	Sweetcorn, Salad 	Green Beans, Carrots 	Cauliflower, Green Beans 	Mixed Vegetables 	Baked Beans, Peas 
<b>Pasta</b>	Pasta with Tomato sauce on Monday-Wednesday-Friday / Cheese Sauce on Tuesday-Thursday				
<b>Baked Jacket Potatoes</b>	Jacket Potato with choice of either Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans
<b>Dessert of the Day, or Fresh Fruit</b>	Apple Crumble 	Homemade Lemon Cake & Custard	Banana Cake (Vegan) 	Chocolate Traybake	Fruity Jelly (Vegan)

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

06 Nov, 27 Nov, 18 Dec, 08 Jan, 29 Jan, 19 Feb, 11 Mar

Available Daily: Packed Lunch



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Planet Friendly Option	Quorn Sausage & Bean Loaded Hot Pockets (Vegan Available) 	Plant-based Mince & Lentil Cottage Pie (Vegan) 	Quorn Sausage, Roast Potatoes & Gravy (Vegan)	Homemade Cheese & Tomato Pizza (Vegan Available) 	Cheese & Onion Pastry Roll & Chips
Option Two	Homemade Macaroni Cheese	Smoky Barbeque Chicken Meatballs & Rice	Roast of the Day, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	Breaded Fish Fingers & Chips
Vegetables	Sweetcorn, Carrots 	Mixed Vegetables, Peas 	Carrots, Seasonal Greens 	Salad, Sweetcorn 	Baked Beans, Peas 
Pasta	Pasta with Tomato sauce on Monday-Wednesday-Friday / Cheese Sauce on Tuesday-Thursday				
Baked Jacket Potatoes	Jacket Potato with choice of either Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans
Dessert of the Day, or Fresh Fruit	Chocolate Banana Cake (Vegan)	Oaty Flapjack Finger	Homemade Chocolate Sponge & Custard	Lemon Drizzle Cake (Vegan)	Homemade Shortbread

Available Daily: Packed Lunch

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