

Autumn Winter Menu 2023/24 – Week One
13 Nov, 04 Dec, 1 Jan, 22 Jan, 12 Feb, 04 Mar, 25 Mar



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Cheese Pizza and Garlic Bread	Mild Chicken Tikka Curry & Mixed Rice	Roast Gammon & Roast Potatoes	Pork Sausage Roll & Skin on Baked Wedges	Fish Fingers & Chips
Option 2	Loaded Wedges	Veggie Tikka Masala & Mixed Rice	Quorn Roast & Roast Potatoes	Cheese & Onion Roll & Skin on Baked Wedges	Tomato & Basil Pasta
Vegetables	Mixed Vegetables, Sweetcorn	Peas, Cauliflower	Carrots, Seasonal Greens	Green Beans/Baked Beans, Sweetcorn	Baked Beans, Peas
Sandwiches, & Pasta	Freshly Made Sandwich with Cheddar, Tuna or Ham Or Pasta with Tomato Sauce				
Baked Jacket Potatoes	Cheese, Tuna 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	
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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, 08 Jan, 29 Jan, 19 Feb, 11 Mar, 01 Apr



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Cheese & Tomato Pizza with Garlic Bread	Pasta Bolognaise	Toad in the Hole, Roast Potatoes & Gravy	Chicken Pie & Mash	Fish Fingers & Chips
Option 2	Loaded Wedges	Veggie Bolognaise	Veggie Sausage Toad in the Hole, Roast Potatoes & Gravy	Veggie Burger	Tomato & Basil Pasta
Vegetables	Sweetcorn, Peas	Green Beans, Carrots	Cauliflower, Seasonal Greens	Mixed Vegetables, Sweetcorn	Baked Beans, Peas
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna or Ham or Pasta with Tomato Sauce				
Baked Jacket Potatoes	Jacket Potato with Tuna, 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
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
Option 1	Cheese Pizza	Savoury Mince and Yorkshire Pudding	Roast Chicken, Roast Potatoes & Gravy	Beef Chilli with Mixed Rice	Fish Fingers & Chips
Option 2	Loaded Wedges	Veggie Mince and Yorkshire Pudding	Quorn Roast, Roast Potatoes & Gravy	Veggie Chilli with Mixed Rice	Cheese & Onion Roll & Chips
Vegetables	Sweetcorn	Mixed Vegetables, Peas	Seasonal Greens, Carrots	Green Beans, Cauliflower	Baked Beans, Peas
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna or Ham Or Pasta with Tomato Sauce				
Baked Jacket Potatoes	Jacket Potato with Tuna, 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	
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