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	
'Street Food'		Massaman Chicken Curry & Rice &	Mediterranean Vegetable Tart	American Style Sweetcorn & Chicken Meatball Sub Roll		
Vegetables	Mixed Vegetables, Sweetcorn	Peas, Cauliflower	Carrots, Seasonal Greens	Green Beans, Sweetcorn	Baked Beans, Peas	
Sandwiches,	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham					
Rice & Pasta	Jollof Rice with 5 Beans or Pasta with Cheese or Tomato Sauce					
Baked Jacket Potatoes		Jacket Potato with Tuna Mayonnaise or Cheese or Beans			Jacket Potato with Tuna Mayonnaise , Salmon Mayonnaise , Cheese, or Beans	
Dessert	Homemade Apple Sponge Cake	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Fruity Strawberry Jelly & Mandarin Segments	Chocolate Shortbread	

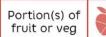
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Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Contains

plant-based

proteins







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.

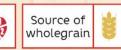
Autumn Winter Menu 2023/24 – Week Two

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 Bolognaise Pasta with Lentils, Peppers & 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 Bolognaise with Peppers	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito	Cod Fish Fingers & Chips		
'Street Food'		East Indian Style Chicken Jalfrezi & Rice	Plant-based Mince Turkish Lahmacun (Pizza Bread)	Massaman Aubergine Curry & Rice			
Vegetables	Sweetcorn, Peas	Green Beans, Carrots	Cauliflower, Seasonal Greens	Mixed Vegetables, Sweetcorn	Baked Beans, Peas		
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Jollof Rice with 5 Beans or Pasta with Cheese Italian Tomato & Basil Sauce						
Baked Jacket Potatoes		Jacket Potato with Tuna Mayonnaise or Cheese or Beans			Jacket Potato with Tuna Mayonnaise or Cheese or Beans		
Dessert	Apple & Sultana Crumble Bar	Homemade Lemon Cake & Custard	Banana Cake & Fruit Slices	Chocolate Cookie	Fruity Strawberry Jelly		

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





Contains plant-based proteins

Oily fish

50%

0

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 Three

18 Sept, 9 Oct, 6 Nov, 27 Nov, 18 Dec, 15 Jan, 5 Feb, 26 Feb, 18 Mar, 8 Apr

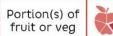
WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Planet Friendly Option	Quorn Sausage & Bean Loaded Hot Pockets	Plant-based Mince & Lentil Cottage Pie	Quorn Sausage, Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza & Garlic Bread	Cheese & Onion Pastry Roll & Chips	
Option Two	Homemade Macaroni Cheese	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast of the Day, Roast Potatoes & Gravy	Beef Mince Chilli & Rice	Cod Fish Fingers & Chips	
'Street Food'		Spanish Vegetable & Bean Quesadillas	Homemade Indian Onion Bhaji Burger	Texas Barbeque Smoky Chicken & Rice		
Vegetables	Sweetcorn, Cauliflower	Mixed Vegetables, Peas	Seasonal Greens, Carrots	Green Beans, Cauliflower	Baked Beans, Peas	
Sandwiches, Rice	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham					
& Pasta	Jollof Rice with 5 Beans or Pasta with Cheese or Italian Tomato & Basil Sauce					
Baked Jacket Potatoes		Jacket Potato with Tuna Mayonnaise or Cheese or Beans			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

Contains

plant-based

proteins







Oily fish

0

Our desserts meet Public Health England's target for 'free suga<mark>r' intake for your child.</mark>

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.