



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	Beany Veggie Wrap 	Cheese & Tomato Pizza & Garlic Bread 	Veggie Sausage, Roast Potatoes & Gravy	Cheese & Onion Roll & Baked Wedges	Veggie Pasta Bake
Option Two	Macaroni Cheese	Chicken Tikka Curry & Rice 	Roast of the Day, Roast Potatoes & Gravy	Pork Sausage Roll & Baked Wedges	Fish Fingers & Chips
Sandwiches	Cheese, Ham or Tuna Mayonnaise Sandwich	Cheese, Ham or Tuna Mayonnaise Sandwich		Cheese, Ham or Tuna Mayonnaise Sandwich	
Vegetables	Mixed Vegetables, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas
Baked Jacket Potatoes	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
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

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	Cheesy Bean Pitta 	Veggie Bolognese Pasta 	Veggie Sausage, Roast Potatoes & Gravy	Macaroni Cheese	Cheese & Onion Roll & Chips
Option Two	Cheese & Tomato Pizza & Garlic Bread 	Pasta Bolognese 	Roast of the Day, Roast Potatoes & Gravy	Chicken & Bean Wrap 	Fish Fingers & Chips
Sandwiches	Cheese, Ham or Tuna Mayonnaise Sandwich	Cheese, Ham or Tuna Mayonnaise Sandwich		Cheese, Ham or Tuna Mayonnaise Sandwich	
Vegetables	Sweetcorn, Peas 	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas
Baked Jacket Potatoes	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
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

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	Beany Veggie Sausage Pitta 	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 of the Day, Roast Potatoes & Gravy	Beef Chilli with Rice 	Fish Fingers & Chips
Sandwiches	Cheese, Ham or Tuna Mayonnaise Sandwich	Cheese, Ham or Tuna Mayonnaise Sandwich		Cheese, Ham or Tuna Mayonnaise Sandwich	
Vegetables	Sweetcorn 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas
Baked Jacket Potatoes	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
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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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.