












Autumn Winter Menu 2023/24 – Week One














WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Planet Friendly Option	Beany Vegetable Burrito 	Cheese & Tomato Pizza 	Quorn Sausage Casserole in a Yorkshire Pudding 	Cheese and Onion Roll & Skin on Baked Wedges	Veggi Pasta Bake 
Option Two	Macaroni Cheese & Garlic Wedge	Chicken Fajita Wrap 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Pork Sausage Roll & Skin on Baked Wedges	Fish Fingers & Chips
Vegetables	Mixed Vegetables, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas 
Sandwiches, Wraps & Jacket Potato	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham . Wrap with Cheese, Ham or Tuna Mayo Jacket Potato with Cheese, Beans or Tuna Mayo				
Dessert	Apple Sponge & Custard	Flap Jack Finger	Vanilla Sponge & Custard	Tutti Frutti Jelly with Mandarins 	Chocolate Shortbread

WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.

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Planet Friendly Option	Loaded Cheesy Bean Hot Pitta Parcel 	Plant-based Bolognese 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 Bolognese with Peppers 	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito 	Cod Fish Fingers & Chips
Vegetables	Sweetcorn, Peas	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas 
Sandwiches & Jacket Potato	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham, Wrap with Cheese, Ham or Tuna Baked Potato with Cheese, Beans or Tuna Mayo				
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


WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Planet Friendly Option	Pizza Wrap 	Quorn Mince Cottage Pie 	Quorn Sausage, Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza & Garlic Bread 	Cheese & Onion Pastry Roll & Chips
Option Two	Homemade Macaroni Cheese	Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast of the Day, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	Fish Fingers & Chips
Vegetables	Sweetcorn, Cauliflower 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas 
Sandwiches & Jacket Potato	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham. Wrap with Cheese, Ham or Tuna Mayo Jacket Potato with Cheese, Beans or Tuna				
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

Portion(s) of fruit or veg 

Source of wholegrain 

Contains plant-based proteins 

50% fruit 

Oily fish 

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