



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

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One	Cheese & Tomato Pizza & Wedges	Chicken Tikka Curry & Rice	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Pork Sausage Roll & Skin on Baked Wedges	Cod Fish Fingers & Chips
Vegetarian Option Two	Mexican Bean & Roasted Vegetable Burrito	Homemade Macaroni Cheese	Filled Yorkshire Pudding with Plant-based Mince & Roast Potatoes	Cheese & Onion Pastry Roll & Skin on Baked Wedges	Mediterranean Vegetable Pasta Bake
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				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Oaty Flapjack Finger	Jacket Potato with Homemade Vanilla Sponge & Custard	Jacket Potato with Fruity Strawberry Jelly	Jacket Potato with Tuna Mayonnaise, Cheese, or Beans
Dessert	Homemade Apple Sponge Cake				Chocolate Shortbread

Available Daily: 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
 23 Oct, 30 Oct, 20 Nov, 11 Dec, 08 Jan, 29 Jan, 19 Feb, 11 Mar,



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One	Homemade Cheese & Tomato Pizza & Wedges	Hearty Pasta Bolognese with Peppers	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken & Rice	Cod Fish Fingers & Chips
Vegetarian Option Two	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
Vegetables	Sweetcorn, Peas	Green Beans, Carrots	Cauliflower, Seasonal Greens	Mixed Vegetables, Sweetcorn	Baked Beans, Peas
Sandwiches/Rolls	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Homemade Lemon Cake & Custard	Banana Cake	Chocolate Cookie	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
Dessert	Apple & Sultana Crumble Bar				Fruity Strawberry Jelly

Available Daily: 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 our child

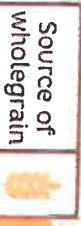
Recommended fruit and vegetable portion sizes are calculated using Standard Food Standards. On average our desserts do not exceed a third of a child's...

Autumn Winter Menu 2023/24 - Week Three
 06 Nov, 27 Nov, 18 Dec, 18 Jan, 05 Feb, 26 Feb, 18 Mar, 08 Apr



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One	Homemade Cheese & Tomato Pizza & Wedges	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast Chicken, Roast Potatoes & Gravy	Beef Mince Chilli & Rice	Cod Fish Fingers & Chips
	Quorn Sausage & Bean Loaded Hot Pockets	Vegetable Meatballs, Tomato Sauce & Rice	Quorn Sausage, Roast Potatoes & Gravy	Plant-based Chilli & Rice	Cheese & Onion Pastry Roll & Chips
Vegetarian Option Two	Sweetcorn, Cauliflower	Mixed Vegetables, Peas	Seasonal Greens, Carrots	Green Beans, Cauliflower	Baked Beans, Peas
	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Sandwiches/Rolls					
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans				
Dessert	Chocolate Banana Cake	Oaty Flapjack	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Jacket Potato with Tuna Mayonnaise or Cheese or Beans Shortbread

Available Daily: Fresh Fruit & Yoghurt



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. Our average dessert do not exceed a third of a child's recommended free sugar intake.