13 Nov, 04 Dec, 1 Jan, 22 Jan, 12 Feb, 04 Mar, 25 Mar, 11





W	EEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Fri	anet iendly otion	Mexican Bean & Roasted Vegetable Burrito	Cheese & Tomato Pizza & Potato Wedges	Quorn Sausage Casserole in a Yorkshire Pudding	Cheese & Onion Pastry Roll & Skin on Baked Wedges	Mediterranean Vegetable Pasta Bake	
Ор	otion Two	Homemade Macaroni Cheese & Garlic Bread	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	
Ve	getables	Mixed Vegetables, Sweetcorn	Peas, Cauliflower	Carrots, Seasonal Greens	Green Beans, Sweetcorn	Baked Beans, Peas	
Sa	ndwiches	Freshly Made Sandwich Monday Ham – Tuesday Chicken – Wednesday Tuna – Thursday Ham - Friday Cheese					
-	ked Jacket tatoes	Jacket Potato with Cheese	Jacket Potato with Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Beans	
De	essert	Homemade Apple Sponge Cake	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Fruity Strawberry Jelly & Mandarin Segments	Chocolate Shortbread	

Oily fish

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of

fruit or veg

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Source of V P R wholegrain

Contains 50% plant-based fruit (50

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



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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
Vegetables	Sweetcorn, Peas	Green Beans, Carrots	Cauliflower, Seasonal Greens 😽	Mixed Vegetables, Sweetcorn	Baked Beans, Peas
Sandwiches	Freshly Made Sandwich Monday Ham – Tuesday Chicken – Wednesday Tuna – Thursday Ham				
Baked Jacket Potatoes	Jacket Potato with Cheese	Jacket Potato with Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Beans
Dessert	Apple & Sultana Crumble Bar	Homemade Lemon Cake & Custard	Banana Cake & Fruit Slices	Chocolate Cookie	Fruity Strawberry Jelly

Oily fish

50%

fruit

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt

Contains

plant-based

proteins

Portion(s) of fruit or veg

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 06 Nov, 27 Nov, 18 Dec, 15 Jan, 05 Feb, 26 Feb, 18 Mar, 08 Apr



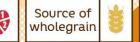


WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Planet Friendly Option	Quorn Sausage & Bean Loaded Hot Pockets	Plant-based Mince & Lentil Cottage Pie	Quorn Sausage, Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza & Garlic Bread	Cheese & Onion Pastry Roll & Chips	
Option Two	Homemade Macaroni Cheese	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast of the Day, Roast Potatoes & Gravy	Beef Mince Chilli & Rice	Cod Fish Fingers & Chips	
Vegetables	Sweetcorn, Cauliflower	Mixed Vegetables, Peas	Seasonal Greens, Carrots	Green Beans, Cauliflower	Baked Beans, Peas	
Sandwiches	Freshly Made Sandwich Monday Ham – Tuesday Chicken – Wednesday Tuna – Thursday Ham - Friday Cheese					
Baked Jacket Potatoes	Jacket Potato with Cheese	Jacket Potato with Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Beans	
Dessert	Chocolate Banana Cake	Oaty Flapjack Finger with Fruit	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Shortbread & Mandarin Pieces	

**Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt** 

Portion(s) of fruit or veg

-



50% plant-based fruit (50

Contains

proteins

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.