













Autumn Winter Menu 2023/24 – Week One


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




| WEEK ONE | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|---|--|---|--|---|
| Planet Friendly Option | 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  |
| Option 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 |
| Vegetables | Mixed Vegetables, Sweetcorn  | Peas, Cauliflower  | Carrots, Seasonal Greens  | Green Beans, Sweetcorn  | 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 | Homemade Apple Sponge Cake  | Oaty Flapjack Finger | Homemade Vanilla Sponge & Custard | Fruity Strawberry Jelly & Mandarin Segments  | Chocolate Shortbread |

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



| 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 - 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 | Apple & Sultana Crumble Bar  | Homemade Lemon Cake & Custard | Banana Cake & Fruit Slices  | Chocolate Cookie | Fruity Strawberry Jelly |

Available Daily: 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

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

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.