













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
Option One	Homemade Macaroni Cheese & Garlic Bread	Cheese & Tomato Pizza & Potato Wedges 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Pork Sausage Roll & Skin on Baked Wedges	Cod Fish Fingers & Chips
Option Two	Mexican Bean & Roasted Vegetable Burrito 	Chicken & Indian Lentil Tikka Masala Curry & Rice 	Quorn Sausage Casserole in a Yorkshire Pudding 	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 
Baked Jacket Potatoes	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans
Dessert	Homemade Apple Sponge Cake 	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Apple Crumble and Custard 	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 
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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.

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
Option One	Homemade Cheese & Tomato Pizza & Potato Wedges 	Hearty Pasta Bolognese with Peppers 	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito 	Cod Fish Fingers & Chips
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 & Garlic Bread	Cheese & Onion Pastry Roll & Chips
Vegetables	Sweetcorn, Peas 	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas 
Baked Jacket Potatoes	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans
Dessert	Apple & Sultana Crumble Bar 	Homemade Lemon Cake & Custard	Banana Cake & Fruit Slices 	Chocolate Cookie	Vanilla Blondie

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
Option One	Homemade Macaroni Cheese & Garlic Bread	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast of the Day: Gammon, Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza & Potato Wedges	Cod Fish Fingers & Chips
Option Two	Quorn Sausage & Bean Loaded Hot Pockets	Plant-based Mince & Lentil Cottage Pie	Quorn Sausage, Roast Potatoes & Gravy	Beef Mince Chilli & Rice	Cheese & Onion Pastry Roll & Chips
Vegetables	Sweetcorn, Cauliflower	Mixed Vegetables, Peas	Seasonal Greens, Carrots	Green Beans, Cauliflower	Baked Beans, Peas
Baked Jacket Potatoes	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans	Filled Jacket Potato with Tuna Mayonnaise or cheese or beans	Filled Jacket Potato with Tuna Mayonnaise or cheese or 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.