### Autumn Winter Menu 2023/24 - Week One

### 4 Sept, 25 Sept, 16 Oct, 13 Nov, 4 Dec, 1 Jan, 22 Jan, 12 Feb, 4 Mar, 25 Mar

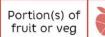
WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Planet Friendly Option	Mexican Bean & Roasted Vegetable Burrito	Cheese & Tomato Pizza & Garlic Bread	Quorn Sausage Casserole in a Yorkshire Pudding	Cheese & Onion Pastry Roll & Skin on Baked Wedges	Mediterranean Vegetable Pasta Bake	
Option Two	Homemade Macaroni Cheese	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	
Halal Option		Chicken & Indian Lentil Tikka Masala Curry & Rice	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Chicken Sausages & Skin on Baked Wedges		
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					
Rice & Pasta						
Baked Jacket Potatoes		Jacket Potato with Tuna Mayonnaise or Cheese or Beans			Jacket Potato with Tuna Mayonnaise , Salmon Mayonnaise (), Cheese, or Beans	
Dessert	Homemade Apple Sponge Cake	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Fruity Strawberry Jelly & Mandarin Segments	Chocolate Shortbread	

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Contains

plant-based

proteins







Oily fish

0

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

### 11 Sept, 2 Oct, 23 Oct, 30 Oct, 20 Nov, 11 Dec, 8 Jan, 29 Jan, 19 Feb, 11 Mar, 1 Apr

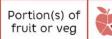
WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Planet Friendly Option	Loaded Cheesy Bean Hot Pitta Parcel	Plant-based Bolognaise Pasta with Lentils, Peppers & Basil	Quorn Sausage Toad in the Hole, Roast Potatoes & Gravy	Homemade Macaroni Cheese	Cheese & Onion Pastry Roll & Chips	
Option 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	
Halal Option		Hearty Pasta Bolognaise with Peppers	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito		
Vegetables	Sweetcorn, Peas	Green Beans, Carrots	Cauliflower, Seasonal Greens	Mixed Vegetables, Sweetcorn	Baked Beans, Peas	
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham					
Baked Jacket Potatoes		Jacket Potato with Tuna Mayonnaise or Cheese or Beans			Jacket Potato with Tuna Mayonnaise or Cheese or Beans	
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

Contains

plant-based

proteins







Oily fish

0

Our desserts meet Public Health England's target for 'free sugar' intake for your child.

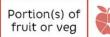
Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

# Autumn Winter Menu 2023/24 – Week Three

## 18 Sept, 9 Oct, 6 Nov, 27 Nov, 18 Dec, 15 Jan, 5 Feb, 26 Feb, 18 Mar, 8 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		
Halal Option		Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast Chicken, Roast Potatoes & Gravy	Beef Mince Chilli & Rice			
Vegetables	Sweetcorn, Cauliflower	Mixed Vegetables, Peas	Seasonal Greens, Carrots	Green Beans, Cauliflower	Baked Beans, Peas		
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham						
Baked Jacket Potatoes		Jacket Potato with Tuna Mayonnaise or Cheese or Beans			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: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt







5



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.