













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
Star Dish	Homemade Macaroni Cheese	Chicken & Lentil Tikka Masala Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable Mince	Chicken Sausages & Skin on Baked Wedges	Cod Fish Fingers & Chips
Vegetarian Option	Mexican Bean & Roasted Vegetable Burrito	Veggie Tikka Masala & Rice 	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 	Roast potatoes, Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or egg. Pasta with Cheese or Italian Tomato & Basil Sauce				
Baked Jacket Potatoes	Jacket Potato With Cheese Or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with 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 Selection, 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.
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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
Star Dish	Macaroni Cheese 	Hearty Pasta Bolognese with Peppers 	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito 	Cod Fish Fingers & Chips
Vegetarian Option	Homemade Cheese & Tomato Pizza & Garlic Bread 	Tomato & Basil Pasta	Roasted Lentil Loaf, Roast Potatoes & Gravy 	Beany Veggie Burrito 	Cheese & Onion Pastry Roll & Chips
Vegetables	Sweetcorn, Peas 	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or egg. Pasta with Cheese or Italian Tomato & Basil Sauce				
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with 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 Selection, Fresh Fruit & Yoghurt













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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
Star Dish	Quorn Sausage & Bean Loaded Hot Pockets 	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast Chicken, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	Cod Fish Fingers & Chips
Vegetarian Option	Homemade Macaroni Cheese 	Vegetable Meatballs, Tomato Sauce & Rice	Lentil Roast, Roast Potatoes & Gravy 	Plant-based Chilli & Rice 	Cheese & Onion Pastry Roll & Chips
Vegetables	Mixed vegetables, Cauliflower 	Carrots & Swede 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or egg Pasta with Cheese or Italian Tomato & Basil Sauce				
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with 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 Selection, 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.