













**Autumn Winter Menu 2023/24 – Week One**  
 30 Oct, 20 Nov, 11 Dec, 01 Jan, 22 Jan, 12 Feb, 04 Mar, 25 Mar,



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Option One</b>	<b>Mexican Bean &amp; Roasted Vegetable Burrito</b> 	<b>Chicken &amp; Indian Lentil Tikka Masala Curry &amp; Rice</b> 	<b>Filled Yorkshire Pudding with Turkey or Chicken &amp; Roast Potatoes</b>	<b>Chicken Sausage &amp; Skin on Baked Wedges</b>	<b>Cod Fish Fingers &amp; Chips</b>
<b>Planet Friendly option</b>	<b>Homemade Macaroni Cheese</b>	<b>Cheese &amp; Tomato Pizza &amp; Garlic Bread</b> 	<b>Quorn Sausage Casserole in a Yorkshire Pudding</b> 	<b>Cheese &amp; Onion Pastry Roll &amp; Skin on Baked Wedges</b>	<b>Mediterranean Vegetable Pasta Bake</b> 
<b>Vegetables</b>	<b>Mixed Vegetables, Sweetcorn</b> 	<b>Peas, Cauliflower</b> 	<b>Carrots, Seasonal Greens</b> 	<b>Green Beans, Sweetcorn</b> 	<b>Baked Beans, Peas</b> 
<b>Jacket, Rice &amp; Pasta</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Pasta with Cheese or Tomato Sauce</b>	<b>Jollof Rice with 5 Bean</b>	<b>Pasta with Cheese or Tomato sauce</b>	<b>Jacket Potato with Tuna Mayonnaise, Salmon Mayonnaise, Cheese, or Beans</b> 
<b>Dessert</b>	<b>Homemade Apple Sponge Cake</b> 	<b>Cheese &amp; Crackers</b>	<b>Homemade Vanilla Sponge &amp; Custard</b>	<b>Cheese &amp; crackers</b>	<b>Chocolate Shortbread</b>

**Available Daily:** Pick & Mix Selection, 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**  
**06 Nov, 27 Nov, 18 Dec, 08 Jan, 29 Jan, 19 Feb, 11 Mar**



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One	Loaded Cheesy Bean Hot Pitta Parcel 	Hearty Lamb Pasta Bolognaise with Peppers 	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito 	Cod Fish Fingers & Chips
Planet Friendly Option	Homemade Cheese & Tomato Pizza & Garlic Bread 	Plant-based Bolognaise Pasta with Lentils, Peppers & Basil 	Roasted Lentil Loaf, Roast Potatoes & Gravy	Homemade Macaroni Cheese	Cheese & Onion Pastry Roll & Chips
Vegetables	Sweetcorn, Peas 	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas 
Jacket, Rice & Pasta	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jollof Rice with 5 Bean	Pasta with Cheese or Tomato sauce	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Pasta with Cheese or Tomato Sauce
Dessert	Apple & Sultana Crumble Bar 	Cheese & Crackers	Banana Cake & Fruit Slices 	Cheese & Crackers	Fruity Strawberry Jelly

**Available Daily:** Pick & Mix Selection, 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**  
**13 Nov, 04 Dec, 25 Dec, 15 Jan, 05 Feb, 26 Feb, 18 Mar,**



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One	Quorn Sausage & Bean Loaded Hot Pockets 	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast Chicken, Roast Potatoes & Gravy	Lamb Mince Chilli & Rice 	Cod Fish Fingers & Chips
Planet Friendly Option	Homemade Macaroni Cheese	Plant-based Mince & Lentil Cottage Pie 	Quorn Sausage, Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza & Garlic Bread 	Cheese & Onion Pastry Roll & Chips
Vegetables	Sweetcorn, Cauliflower 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas 
Jacket, Rice & Pasta	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Pasta with Cheese or Tomato Sauce	Jollof Rice with 5 Bean	Pasta with Cheese or tomato sauce	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
Dessert	Chocolate Banana Cake	Cheese & Crackers	Homemade Chocolate Sponge & Custard	Cheese & Crackers	Shortbread & Mandarin Pieces 

**Available Daily: Pick & Mix Selection, 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.