











Autumn Winter Menu 2023/24 – Week One
13 Nov, 04 Dec, 1 Jan, 22 Jan, 12 Feb, 04 Mar, 25 Mar



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One	Cheese & Tomato Pizza & Wedges 	Chicken Tikka Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Pork Sausage Roll & Skin on Baked Wedges	Cod Fish Fingers & Chips
Vegetarian Option Two	Mexican Bean & Roasted Vegetable Burrito 	Homemade Macaroni Cheese	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 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas 
Sandwiches	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, Cheese, or Beans
Dessert	Homemade Apple Sponge Cake 	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Fruity Strawberry Jelly	Chocolate Shortbread

Available Daily: Pick & Mix Selection, Salad, 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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One	Homemade Cheese & Tomato Pizza & Wedges 	Hearty Pasta Bolognese with Peppers 	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken & Rice 	Cod Fish Fingers & Chips
Vegetarian 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	Cheese & Onion Pastry Roll & Chips
Vegetables	Sweetcorn, Peas 	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas 
Sandwiches/Rolls	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 	Chocolate Cookie	Fruity Strawberry Jelly

Available Daily: Pick & Mix Selection, Salad, 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 Three
06 Nov, 27 Nov, 18 Dec, 18 Jan, 05 Feb, 26 Feb, 18 Mar, 08 Apr



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One	Homemade Cheese & Tomato Pizza & Wedges 	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast Chicken, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	Cod Fish Fingers & Chips
Vegetarian Option Two	Quorn Sausage & Bean Loaded Hot Pockets 	Vegetable Meatballs, Tomato Sauce & Rice	Quorn Sausage, Roast Potatoes & Gravy 	Plant-based Chilli & Rice 	Cheese & Onion Pastry Roll & Chips
Vegetables	Sweetcorn, Cauliflower 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas 
Sandwiches/Rolls	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	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Shortbread

Available Daily: Pick & Mix Selection, Salad, 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.



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.