

















## Autumn Winter Menu 2023 – Week One

5<sup>th</sup> Sep, 25<sup>th</sup> Sep, 16<sup>th</sup> Oct, 13<sup>th</sup> Nov, 4<sup>th</sup> Dec, 8<sup>th</sup> Jan, 29<sup>th</sup> Jan, 26<sup>th</sup> Feb, 18<sup>th</sup> Mar

WEEK ONE	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One (all meat Halal)	Macaroni Cheese	Mild Chicken Tikka Curry & Mixed Rice 	Filled Yorkshire Pudding with Savoury Mince & Roast Potatoes	Chicken Sausages & Skin on Baked Wedges	Fish Fingers & Chips
Option Two	Beany Veggie Burrito 	Cheese & Tomato Pizza & Garlic Bread 	Quorn Sausage Casserole in a Yorkshire Pudding 	Cheese & Onion Roll & Skin on Baked Wedges	Tomato & Basil Pasta 
Option Three	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Pasta with Cheese or Tomato Sauce	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Pasta with Cheese or Tomato Sauce	Jacket Potato with Tuna Mayonnaise, Cheese or Beans 
Vegetables	Mixed Vegetables, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans or Baked Beans, Sweetcorn 	Baked Beans, Peas 
Dessert	Apple Sponge 	Flapjack Finger	Vanilla Sponge & Custard	Strawberry Jelly & Mandarin Segments 	Chocolate Shortbread

Available Daily: Salad, Fresh Bread & Fresh Fruit

















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

On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.



## Autumn Winter Menu 2023 – Week Two

11<sup>th</sup> Sep, 2<sup>nd</sup> Oct, 30<sup>th</sup> Oct, 20<sup>th</sup> Nov, 11<sup>th</sup> Dec, 15<sup>th</sup> Jan, 5<sup>th</sup> Feb, 4<sup>th</sup> Mar, 25<sup>th</sup> Mar

WEEK TWO	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One (all meat Halal)	Cheese & Tomato Pizza & Garlic Bread 	Pasta Bolognese 	Toad in the Hole, Roast Potatoes & Gravy	Chicken & Bean Burrito 	Fish Fingers & Chips
Option Two	Cheesy Bean Pitta 	Veggie Bolognese Pasta 	Veggie Sausage Toad in the Hole, Roast Potatoes & Gravy	Macaroni Cheese	Cheese & Onion Roll & Chips
Option Three	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Pasta with Cheese or Tomato Sauce	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Pasta with Cheese or Tomato Sauce	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 
Vegetables	Sweetcorn, Peas 	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas 
Dessert	Apple Crumble Bar 	Lemon Cake & Custard	Banana Cake & Fruit Slices 	Chocolate Cookie	Strawberry Jelly

Available Daily: Salad, Fresh Bread & Fresh Fruit

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

















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## Autumn Winter Menu 2023 – Week Three

18<sup>th</sup> Sep, 9<sup>th</sup> Oct, 6<sup>th</sup> Nov, 27<sup>th</sup> Nov, 18<sup>th</sup> Dec, 22<sup>nd</sup> Jan, 19<sup>th</sup> Feb, 11<sup>th</sup> March

WEEK THREE	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One (all meat Halal)	Macaroni Cheese	BBQ Chicken Meatballs & Mixed Rice 	Roast Chicken, Roast Potatoes & Gravy	Beef Mince Chilli & Mixed Rice 	Fish Fingers & Chips
Option Two	Beany Veggie Sausage Pitta 	Veggie Meatballs, Tomato Sauce & Mixed Rice 	Veggie Sausage, Roast Potatoes & Gravy	Cheese & Tomato Pizza & Garlic Bread 	Cheese & Onion Roll & Chips
Option Three	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Pasta with Cheese or Tomato Sauce	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Pasta with Cheese or Tomato Sauce	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 
Vegetables	Sweetcorn 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas 
Dessert	Chocolate Banana Cake	Flapjack with Fruit 	Chocolate Sponge & Custard	Lemon Drizzle Cake	Shortbread & Mandarin Pieces 

Available Daily: Salad, Fresh Bread & Fresh Fruit

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

On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

