



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Planet Friendly Option	Mexican Bean & Roasted Vegetable Burrito 	Cheese & Tomato Pizza & Potato Wedges 	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 Tikka Masala Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Pork Sausage Roll & Skin on Baked Wedges	Cod Fish Fingers & Chips
Vegetables	Mixed Vegetables 	Peas, Carrots 	Mixed Vegetables 	Green Beans, Sweetcorn 	Baked Beans, Peas 
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese, or Beans
Dessert	Homemade Apple Sponge Cake 	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Fruity Strawberry Jelly & Mandarin Segments 	Chocolate Shortbread


**Available Daily:** Salad, Fresh Bread, Fresh Fruit & Yoghurt













**Autumn Winter Menu 2023/24 – Week One**  
**23<sup>rd</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**

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.



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet Friendly Option</b>	Loaded Cheesy Bean Hot Pitta Parcel 	Plant-based Bolognese Pasta with Peppers & Basil 	Quorn Sausage Toad in the Hole, Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza & Potato Wedges	Cheese & Onion Pastry Roll & Chips
<b>Option Two</b>	Homemade Macaroni & Cheese 	Hearty Pasta Bolognese with Peppers 	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito 	Cod Fish Fingers & Chips
<b>Vegetables</b>	Sweetcorn, Peas 	Green Beans, Carrots 	Peas, sweetcorn 	Mixed Vegetables 	Baked Beans, Peas 
<b>Baked Jacket Potatoes</b>	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans
<b>Dessert</b>	Apple & Sultana Crumble Bar 	Homemade Lemon Cake & Custard	Banana Cake 	Chocolate Cookie	Fruity Strawberry Jelly

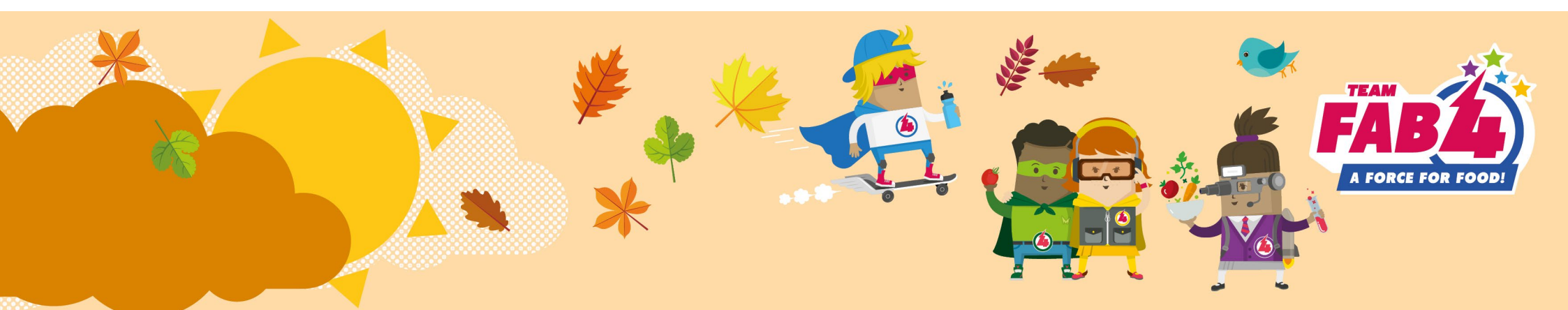
**Available Daily:** Salad, Fresh Bread, Fresh Fruit & Yoghurt

Autumn Winter Menu 2023/24 – Week Two  
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

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.



	<b>GREEN EARTH MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Planet Friendly Option</b>	Quorn Sausage & Bean Loaded Hot Pockets 	Plant-based Mince Cottage Pie 	Quorn Sausage, Roast Potatoes & Gravy	Cheese & Tomato Pizza & Garlic Bread 	Cheese & Onion Pastry Roll & Chips
<b>Option Two</b>	Homemade Macaroni Cheese	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast Chicken with Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	Cod Fish Fingers & Chips
<b>Vegetables</b>	Sweetcorn & Peas 	Mixed Vegetables 	Carrots & Peas 	Green Beans, Cauliflower 	Baked Beans, Peas 
<b>Baked Jacket Potato</b>	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans
<b>Dessert</b>	Chocolate Banana Cake	Oaty Flapjack Finger 	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Shortbread

**Available Daily:** Salad, Fresh Bread, Fresh Fruit & Yoghurt

**Autumn Winter Menu 2023/24 – Week Three**  
**6<sup>th</sup> Nov, 27<sup>th</sup> Nov, 18<sup>th</sup> Dec, 22<sup>nd</sup> Jan, 12<sup>th</sup> Feb, 11<sup>th</sup> Mar**

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.