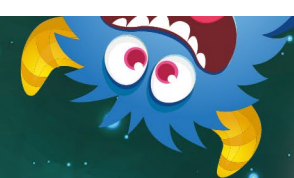
















Autumn Winter Menu 2023 – Week One

22 Jan, 12 Feb, 4 Mar, 25 Mar



WEEK ONE	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One [RED]	Homemade Macaroni Cheese	Chicken Tikka Masala Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Potatoes	Pork Sausage Roll & Skin on Baked Wedges	Cod Fish Fingers & Chips
Pip's Planet Friendly Option [Yellow]	Mexican Bean & Roasted Vegetable Burrito 	Cheese & Tomato Pizza & wedges 	Quorn Sausage Casserole in a Yorkshire Pudding & potatoes 	Cheese & Onion Pastry Roll & Skin on Baked Wedges	Mediterranean Vegetable Pasta Bake 
School's option		Jollof Rice		Jollof Rice	
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 [Green]	Jacket Potato with Tuna Mayonnaise or 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, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s)
of fruit or veg



Source of
wholegrain



Contains
plant-based
proteins



50%
fruit



Oily
fish



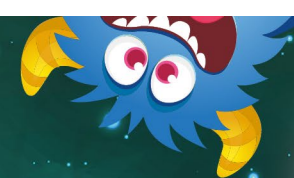
Our desserts meet Public Health England's target for 'free sugar' intake for your child.













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.



Autumn Winter Menu 2023 – Week Two

8 Jan, 29 Jan, 19 Feb, 11 Mar,



WEEK TWO	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One [RED]	Homemade Cheese & Tomato Pizza & wedges 	Pasta Bolognese 	Toad in the Hole, Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito 	Cod Fish Fingers & Chips
Pip's Planet Friendly Option [Yellow]	Loaded Cheesy Bean Hot Pitta Parcel 	Plant-based Bolognese Pasta with Lentils, Peppers & Basil 	Quorn Sausage Toad in the Hole, Potatoes & Gravy	Homemade Macaroni Cheese	Cheese & Onion Pastry Roll & Chips
School's option		Jollof Rice		Jollof Rice	
Vegetables	Sweetcorn, Peas 	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes [Green]	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, Fresh Bread, Fresh Fruit & Yoghurt

Autumn Winter Menu 2023 – Week Three

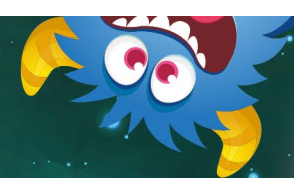
Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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Our desserts meet Public Health England's target for 'free sugar' intake for your child.

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.



15 Jan, 5 Feb, 26 Feb, 18 Mar,



WEEK THREE	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One [Red]	Homemade Macaroni Cheese	Smoky Barbeque Chicken Meatballs & Rice	Roast Gammon, Potatoes & Gravy	Beef Mince Chilli & Rice 	Cod Fish Fingers & Chips
Pip's Planet Friendly Option [Yellow]	Quorn Sausage & Bean Loaded Hot Pockets 	Plant-based Mince & Lentil Cottage Pie 	Quorn Sausage, Potatoes & Gravy	Homemade Cheese & Tomato Pizza & wedges 	Cheese & Onion Pastry Roll & Chips
Schools option		Jollof Rice		Jollof Rice	
Vegetables	Sweetcorn, Cauliflower 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes [Green]	Jacket Potato with Tuna 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, 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.

