

# Autumn Winter Menu 2023 – Week One

4 Sept, 25 Sept, 16 Oct, 13 Nov, 4 Dec, 1 Jan, 22 Jan, 12 Feb, 4 Mar, 25 Mar



WEEK ONE	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pip's Planet Friendly Option	Mexican Bean & Roasted Vegetable Burrito 	Cheese & Tomato Pizza & Garlic Bread 	Filled Yorkshire Pudding with Plant-based Mince & Roast Potatoes	Cheese & Onion Pastry Roll & Skin on Baked Wedges	Mediterranean Vegetable Pasta Bake 
Option Two	Homemade Macaroni Cheese	Chicken & Indian Lentil Tikka Masala Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Chicken Sausage & Skin on Baked Wedges	Cod Fish Fingers & Chips
Vegetables	Mixed Vegetables, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas 
Pasta	Pasta with tomato & basil sauce or cheese				
<b><u>PICK N MIX SALAD BAR, HOMEMADE BREAD, FRESH FRUIT AVAILABLE DAILY</u></b>					
Baked Jacket Potatoes or Pasta	Jacket potato With Cheese beans or tuna	Jacket Potato with Cheese, Beans or tuna	Jacket potato with cheese beans or tuna	Jacket potato with cheese beans or tuna	Jacket Potato with Cheese, Beans or tuna
Dessert	Oaty Flapjack Finger	Fresh Fruit & Yoghurt	Homemade Vanilla Sponge & Custard	Fruity Strawberry Jelly & Mandarin Segments 	Chocolate Shortbread

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

11 Sept, 2 Oct, 23 Oct, 30 Oct, 20 Nov, 11 Dec, 8 Jan, 29 Jan, 19 Feb, 11 Mar, 1 Apr

WEEK TWO	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pip's Planet Friendly Option</b>	<b>Loaded Cheesy Bean Hot Pitta Parcel</b> 	<b>Plant-based Bolognese Pasta with Lentils, Peppers &amp; Basil</b> 	<b>Quorn Sausage Toad in the Hole, Roast Potatoes &amp; Gravy</b>	<b>Homemade Macaroni Cheese</b>	<b>Cheese &amp; Onion Pastry Roll &amp; Chips</b>
<b>Option Two</b>	<b>Homemade Cheese &amp; Tomato Pizza &amp; Garlic Bread</b> 	<b>Hearty Pasta Bolognese with Peppers</b> 	<b>Toad in the Hole, Roast Potatoes &amp; Gravy</b>	<b>Mexican Style Chicken, Bean &amp; Sweetcorn Burrito</b> 	<b>Cod Fish Fingers &amp; Chips</b>
<b>Vegetables</b>	<b>Sweetcorn, Peas</b> 	<b>Green Beans, Carrots</b> 	<b>Cauliflower, Seasonal Greens</b> 	<b>Mixed Vegetables, Sweetcorn</b> 	<b>Baked Beans, Peas</b> 
<b>pasta</b>	Pasta with tomato & basil sauce or cheese				
<b><u>PICK N MIX SALAD BAR, HOMEMADE BREAD, FRESH FRUIT AVAILABLE DAILY</u></b>					
<b>Baked Jacket Potatoes or</b>	<b>Jacket Potato with Cheese, Beans or tuna</b>	<b>Jacket Potato with Cheese, Beans or tuna</b>	<b>Jacket Potato with Cheese, Beans or tuna</b>	<b>Jacket Potato with Cheese, Beans or tuna</b>	<b>Jacket Potato with Cheese, Beans or tuna</b>
<b>Dessert</b>	<b>Fresh Fruit &amp; Yoghurt</b>	<b>Homemade Lemon Cake &amp; Custard</b>	<b>Banana Cake &amp; Fruit Slices</b> 	<b>Chocolate Cookie</b>	<b>Fruity Strawberry Jelly</b>

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 – Week Three

18 Sept, 9 Oct, 6 Nov, 27 Nov, 18 Dec, 15 Jan, 5 Feb, 26 Feb, 18 Mar, 8 Apr

WEEK THREE	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pip's Planet Friendly Option</b>	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
<b>Option Two</b>	Homemade Macaroni Cheese	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast of the Day, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	Cod Fish Fingers & Chips
<b>Vegetables</b>	Sweetcorn, Cauliflower 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas 
<b>Pasta</b>	Pasta with tomato & basil sauce or cheese				
<b>PICK N MIX SALAD BAR, HOMEMADE BREAD, FRESH FRUIT AVAILABLE DAILY</b>					
<b>Baked Jacket Potatoes or Pasta</b>	Jacket Potato with Cheese, Beans or tuna	Jacket Potato with Cheese, Beans or tuna	Jacket Potato with Cheese, Beans or tuna	Jacket Potato with Cheese, Beans or tuna	Jacket Potato with Cheese, Beans or tuna
<b>Dessert</b>	Fresh Fruit & Yoghurt	Oaty Flapjack Finger with Fruit 	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Shortbread & Mandarin Pieces 

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



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