











**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
<b>Option One</b>	<b>Cheese &amp; Tomato Pizza &amp; Wedges</b> 	<b>Chicken Tikka Curry &amp; Rice</b> 	<b>Filled Yorkshire Pudding with Beef &amp; Vegetable Mince &amp; Roast Potatoes</b>	<b>Pork Sausage Roll &amp; Skin on Baked Wedges</b>	<b>Cod Fish Fingers &amp; Chips</b>
<b>Vegetarian Option Two</b>	<b>Mexican Bean &amp; Roasted Vegetable Burrito</b> 	<b>Homemade Macaroni Cheese</b>	<b>Filled Yorkshire Pudding with Plant-based Mince &amp; Roast Potatoes</b>	<b>Cheese &amp; Onion Pastry Roll &amp; Skin on Baked Wedges</b>	<b>Mediterranean Vegetable Pasta Bake</b> 
<b>Vegetables</b>	<b>Mixed Vegetables, Sweetcorn</b> 	<b>Peas, Cauliflower</b> 	<b>Carrots, Seasonal Greens</b> 	<b>Green Beans, Sweetcorn</b> 	<b>Baked Beans, Peas</b> 
<b>Baked Jacket Potatoes</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise, Cheese, or Beans</b>
<b>Dessert</b>	<b>Homemade Apple Sponge Cake</b> 	<b>Oaty Flapjack Finger</b>	<b>Homemade Vanilla Sponge &amp; Custard</b>	<b>Fruity Strawberry Jelly</b>	<b>Chocolate Shortbread</b>

**Available Daily: 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.

**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
<b>Option One</b>	<b>Homemade Cheese &amp; Tomato Pizza &amp; Wedges</b> 	<b>Hearty Pasta Bolognese with Peppers</b> 	<b>Toad in the Hole, Roast Potatoes &amp; Gravy</b>	<b>Mexican Style Chicken &amp; Rice</b> 	<b>Cod Fish Fingers &amp; Chips</b>
<b>Vegetarian Option Two</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>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>Baked Jacket Potatoes</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>
<b>Dessert</b>	<b>Apple &amp; Sultana Crumble Bar</b> 	<b>Homemade Lemon Cake &amp; Custard</b>	<b>Banana Cake</b> 	<b>Chocolate Cookie</b>	<b>Fruity Strawberry Jelly</b>

**Available Daily: 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.

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
<b>Option One</b>	<b>Homemade Cheese &amp; Tomato Pizza &amp; Wedges</b> 	<b>Smoky Barbeque Chicken &amp; Sweetcorn Meatballs &amp; Rice</b>	<b>Roast Chicken, Roast Potatoes &amp; Gravy</b>	<b>Beef Mince Chilli &amp; Rice</b> 	<b>Cod Fish Fingers &amp; Chips</b>
<b>Vegetarian Option Two</b>	<b>Quorn Sausage &amp; Bean Loaded Hot Pockets</b> 	<b>Vegetable Meatballs, Tomato Sauce &amp; Rice</b>	<b>Quorn Sausage, Roast Potatoes &amp; Gravy</b> 	<b>Plant-based Chilli &amp; Rice</b> 	<b>Cheese &amp; Onion Pastry Roll &amp; Chips</b>
<b>Vegetables</b>	<b>Sweetcorn, Cauliflower</b> 	<b>Mixed Vegetables, Peas</b> 	<b>Seasonal Greens, Carrots</b> 	<b>Green Beans, Cauliflower</b> 	<b>Baked Beans, Peas</b> 
<b>Baked Jacket Potatoes</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Tuna Mayonnaise or Cheese or Beans</b>
<b>Dessert</b>	<b>Chocolate Banana Cake</b>	<b>Oaty Flapjack</b>	<b>Homemade Chocolate Sponge &amp; Custard</b>	<b>Citrusy Lemon Drizzle Cake</b>	<b>Shortbread</b>

Available Daily: Fresh Fruit & Yoghurt

Portion(s) of fruit or veg 	Source of wholegrain 	Contains plant-based proteins 	50% fruit 	Oily fish 
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