

### Autumn Winter Menu 2023 – Week One 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	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 & Indian Lentil 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, Sweetcorn	Peas, Cauliflower	Carrots, Seasonal Greens	Green Beans, Sweetcorn	Baked Beans, Peas		
Hot Pasta		Pasta with Cheese Sauce		Pasta with Tomato sauce			
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham,						
Baked Jacket	Jacket Potato with Tuna Mayonnaise, Salmon Mayonnaise 🔍, Cheese, or Beans						
Potatoes							
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









#### 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.





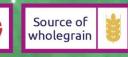
### Autumn Winter Menu 2023 – Week Two 23 Oct, 30 Oct, 20 Nov, 11 Dec, 8 Jan, 29 Jan

	WEEK TWO	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	Pip's Planet Friendly Option	Loaded Cheesy Bean Hot Pitta Parcel	Plant-based Bolognaise Pasta with Lentils, Peppers & Basil	Quorn Sausage Toad in the Hole, Roast Potatoes & Gravy	Homemade Macaroni Cheese	Cheese & Onion Pastry Roll & Chips		
	Option Two	Homemade Cheese & Tomato Pizza & Garlic Bread	Hearty Pasta Bolognaise with Peppers	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito	Cod Fish Fingers & Chips		
	Vegetables	Sweetcorn, Peas	Green Beans, Carrots	Cauliflower, Seasonal Greens	Mixed Vegetables, Sweetcorn	Baked Beans, Peas		
	Hot Pasta		Pasta & Cheese Sauce		Pasta with Italian Tomato & Basil Sauce			
1 . I.	Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham						
	Baked Jacket Potatoes	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		

Oily fish

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghuri







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# Autumn Winter Menu 2023 – Week Three

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# 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		
Pip's Planet Friendly Option	Quorn Sausage & Bean Loaded Hot Pockets	Plant-based Mince & Lentil Cottage Pie	Quorn Sausage, Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza & Garlic Bread	Cheese & Onion Pastry Roll & Chips		
Option Two	Homemade Macaroni Cheese	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast of the Day, Roast Potatoes & Gravy	Beef Mince Chilli & Rice	Cod Fish Fingers & Chips		
Vegetables	Sweetcorn, Cauliflower	Mixed Vegetables, Peas	Seasonal Greens, Carrots	Green Beans, Cauliflower	Baked Beans, Peas		
Hot Pasta		Pasta with Cheese Sauce		Pasta with Italian Tomato & Basil Sauce			
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Jacket Potato with Tuna Mayonnaise or Cheese or Beans						
Baked Jacket Potatoes							
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 England's target for 'free sugar'							
Portion(s) of fruit or veg	Source of wholegrain Image: Source of plant-based proteins Image: Source of plant-based plant-based proteins Image: Source of plant-based plant-based proteins Image: Source of plant-based plan						

