











Autumn Winter Menu 2023/24 – Week One


13 Nov, 04 Dec, 1 Jan, 22 Jan, 12 Feb, 04 Mar, 25 Mar, 11 Mar,



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian (Suitable for Halal)	Cheese & Tomato Pizza & Potato Wedges 	Homemade Macaroni Cheese & Garlic Bread	Quorn Sausage Casserole in a Yorkshire Pudding 	Cheese & Onion Pastry Roll & Skin on Baked Wedges	Mediterranean Vegetable Pasta Bake 
Option Two	Loaded Potato Wedges	Smoky BBQ Chicken Meatball & Rice	Filled Yorkshire Pudding with Savoury Beef & Roast Potatoes	Chicken Sausages & Skin on Baked Wedges	Cod Fish Fingers & Chips
Vegetables	Baked Beans, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas 
Sandwiches	Freshly Made Sandwich with Cheddar, Ham				
Baked Jacket Potatoes	Jacket Potato Cheese or Beans	Jacket Potato Cheese or Beans Tuna Mayonnaise	Jacket Potato Cheese or Beans	Jacket Potato Cheese or Beans Tuna Mayonnaise	Jacket Potato Cheese & 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

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 2023/24 – Week Two
 23 Oct, 30 Oct, 20 Nov, 11 Dec, 08 Jan, 29 Jan, 19 Feb, 11 Mar




WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian (Suitable for Halal)	Loaded Cheesy Bean Hot Pitta Parcel 	Veggie Bolognese Pasta with Lentils, Peppers & Basil 	Quorn Sausage Toad in the Hole, Roast Potatoes & Gravy	Homemade Macaroni Cheese & Garlic Bread	Cheese & Onion Pastry Roll & Chips
Option Two	Homemade Cheese & Tomato Pizza & Potato Wedges 	Beef Bolognese with Peppers & Spaghetti 	Chicken & Yorkshire Pudding, 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 
Sandwiches	Freshly Made Sandwich with Cheddar, Ham				
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheese or Beans
Dessert	Apple & Sultana Crumble Bar 	Homemade Lemon Cake & Custard	Banana Cake & Fruit Slices 	Chocolate Cookie	Fruity Strawberry Jelly & Shortbread

Available Daily: 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.

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Autumn Winter Menu 2023/24 – Week Three

06 Nov, 27 Nov, 18 Dec, 15 Jan, 05 Feb, 26 Feb, 18 Mar, 08 Apr



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian (Suitable for Halal)	Homemade Cheese & Tomato Pizza & Potato Wedges 	Veggie Cottage Pie 	Quorn Sausage, Roast Potatoes & Gravy	Homemade Macaroni Cheese & Garlic Bread	Cheese & Onion Pastry Roll & Chips
Option Two	Quorn Sausage & Bean Loaded Hot Pockets 	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast Chicken, 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
Sandwiches	Freshly Made Sandwich with Cheddar, Ham				
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with 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: 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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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.