



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet Friendly Option (Vegetarian)</b>	<b>Mexican Bean &amp; Roasted Vegetable Burrito</b> 	<b>Cheese &amp; Tomato Pizza &amp; Garlic Bread</b> 	<b>Quorn Sausage Casserole in a Yorkshire Pudding</b> 	<b>Cheese &amp; Onion Pastry Roll &amp; Skin on Baked Wedges</b>	<b>Mediterranean Vegetable Pasta Bake</b> 
<b>Option Two (Main)</b>	<b>Homemade Macaroni Cheese</b>	<b>Chicken Tikka Masala 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>Vegetables</b>	<b>Mixed Vegetables</b> 	<b>Peas, Carrots</b> 	<b>Mixed Vegetables</b> 	<b>Green Beans, Sweetcorn</b> 	<b>Baked Beans, Peas</b> 
<b>Baked Jacket Potatoes</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with 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 &amp; Mandarin Segments</b> 	<b>Chocolate Shortbread</b>

**Available Daily:** Salad, Fresh Bread, Fresh Fruit & Yoghurt

**Autumn Winter Menu 2023/24 – Week One**  
**23 Oct, 13 Nov, 04 Dec, 08 Jan, 29 Jan, 26 Feb, 18 Mar**













H – Halal

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.



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet Friendly Option (Vegetarian)</b>	<b>Loaded Cheesy Bean Hot Pitta Parcel</b>  H	<b>Plant-based Bolognese Pasta with Peppers &amp; Basil</b>  H	<b>Quorn Sausage Toad in the Hole, Roast Potatoes &amp; Gravy</b> H	<b>Homemade Macaroni Cheese</b>	<b>Cheese &amp; Onion Pastry Roll &amp; Chips</b>
<b>Option Two (Main)</b>	<b>Homemade Cheese &amp; Tomato Pizza &amp; Garlic Bread</b>  H	<b>Hearty Pasta Bolognese with Peppers</b>  H	<b>Toad in the Hole, Roast Potatoes &amp; Gravy</b>	<b>Mexican Style Chicken, Bean &amp; Sweetcorn Burrito</b>  H	<b>Cod Fish Fingers &amp; Chips</b> H
<b>Vegetables</b>	<b>Sweetcorn, Peas</b>  H	<b>Green Beans, Carrots</b>  H	<b>Peas, sweetcorn</b>  H	<b>Mixed Vegetables</b>  H	<b>Baked Beans, Peas</b>  H
<b>Baked Jacket Potatoes</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>	<b>Jacket Potato with Cheese or Beans</b>
<b>Dessert</b>	<b>Apple &amp; Sultana Crumble Bar</b>  50%	<b>Homemade Lemon Cake &amp; Custard</b>	<b>Banana Cake</b>  50%	<b>Chocolate Cookie</b>	<b>Fruity Strawberry Jelly</b>

**Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt**

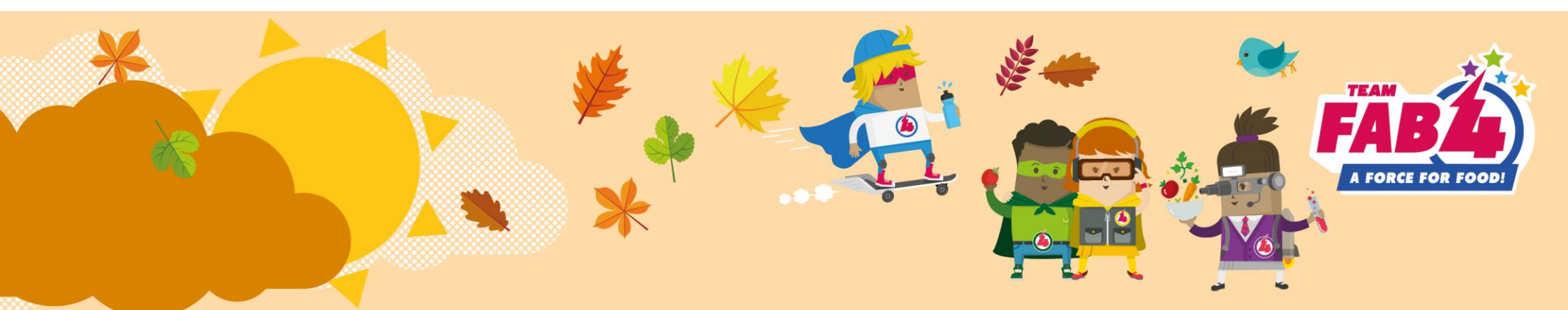
**Autumn Winter Menu 2023/24 – Week Two**  
**30 Oct, 20 Nov, 11 Dec, 15 Jan, 05 Feb, 04 Mar**


















H – Halal

Portion(s) of fruit or veg 	Source of wholegrain 	Contains plant-based proteins 	50% fruit 	Oily fish 
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	<b>GREEN EARTH MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Planet Friendly Option (Vegetarian)</b>	Quorn Sausage & Bean Loaded Hot Pockets  	Plant-based Mince Cottage Pie  	Quorn Sausage, Roast Potatoes & Gravy 	Cheese & Tomato Pizza & Garlic Bread 	Cheese & Onion Pastry Roll & Chips
<b>Option Two (Main)</b>	Homemade Macaroni Cheese	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice 	Roast Chicken with Roast Potatoes & Gravy 	Beef Mince Chilli & Rice  	Cod Fish Fingers & Chips 
<b>Vegetables</b>	Sweetcorn & Peas 	Mixed Vegetables 	Carrots & Peas 	Green Beans, Cauliflower 	Baked Beans, Peas 
<b>Baked Jacket Potato</b>	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans
<b>Dessert</b>	Chocolate Banana Cake	Oaty Flapjack Finger 	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Shortbread

**Available Daily:** Salad, Fresh Bread, Fresh Fruit & Yoghurt

**Autumn Winter Menu 2023/24 – Week Three**  
**06 Nov, 27 Nov, 18 Dec, 22 Jan, 12 Feb, 11 Mar**

H – Halal

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