## Autumn Winter Menu 2023 - Week One

## 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	
Sandwiches	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise					
	PICK N MIX SALAD BAR, HOMEMADE BREAD, FRESH FRUIT AVAILABLE DAILY					
Baked Jacket Potatoes or Pasta	Pasta with Italian Tomato & Basil Sauce	Jacket Potato with Cheese or Beans	Pasta with Cheese	Pasta with Italian Tomato & Basil Sauce	Jacket Potato with Cheese or Beans	
Dessert	Oaty Flapjack Finger	Fresh Fruit & Yoghurt	Homemade Vanilla Sponge & Custard	Fruity Strawberry Jelly & Mandarin Segments	Chocolate Shortbread	











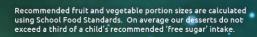








Our desserts meet Public Health England's target for 'free sugar' intake for your child.







## 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	
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	
Sandwiches	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise					
	PICK N MIX SALAD BAR, HOMEMADE BREAD, FRESH FRUIT AVAILABLE DAILY					
Baked Jacket Potatoes or Pasta	Pasta with Italian Tomato & Basil Sauce	Jacket Potato with Cheese or Beans	Pasta with Cheese	Jacket Potato with Cheese or Beans	Pasta with Italian Tomato & Basil Sauce	
Dessert	Fresh Fruit & Yoghurt	Homemade Lemon Cake & Custard	Banana Cake & Fruit Slices	Chocolate Cookie	Fruity Strawberry Jelly	

Autumn Winter Menu 2023 - Week Three 18 Sept, 9 Oct, 6 Nov, 27 Nov, 18 Dec, 15 Ja



















Our dessects 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 THREE	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Pip's Planet Friendly Option	Margherita Macaroni	Vegetable Meatballs, Tomato Sauce & Rice	Quorn Sausage, Roast Potatoes & Gravy	Plant Based Chilli & Rice	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	
	Sandwiches	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise					
8		PICK N MIX SALAD BAR, HOMEMADE BREAD, FRESH FRUIT AVAILABLE DAILY					
	Baked Jacket Potatoes or Pasta	Pasta with Italian Tomato & Basil Sauce	Jacket Potato with Cheese or Beans	Pasta with Cheese	Jacket Potato with Cheese or Beans	Pasta with Italian Tomato & Basil Sauce	
	Dessert	Fresh Fruit & Yoghurt	Oaty Flapjack Finger with Fruit	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Shortbread & Mandarin Pieces	



















