












# Autumn Winter Menu 2023 – Week One

4 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				
Vegetables	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
Sandwiches	Mixed Vegetables, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas 
	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise				
Baked Jacket Potatoes or Pasta	PICK N MIX SALAD BAR, HOMEMADE BREAD, FRESH FRUIT AVAILABLE DAILY				
Dessert	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
	Oaty Flapjack Finger	Fresh Fruit & Yoghurt	Homemade Vanilla Sponge & Custard	Fruity Strawberry Jelly & Mandarin Segments 	Chocolate Shortbread

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 – 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				
	<b><u>PICK N MIX SALAD BAR, HOMEMADE BREAD, FRESH FRUIT AVAILABLE DAILY</u></b>				
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 Jan, 5 Feb, 26 Feb, 19 Mar, 5 Apr












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.

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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				
Baked Jacket Potatoes or Pasta	<b><u>PICK N MIX SALAD BAR, HOMEMADE BREAD, FRESH FRUIT AVAILABLE DAILY</u></b>				
Dessert	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
	Fresh Fruit & Yoghurt	Oaty Flapjack Finger with Fruit 	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Shortbread & Mandarin Pieces 

Portion(s)  
of fruit or veg



Source of  
wholegrain



Contains  
plant-based  
proteins



50%  
fruit



Oily  
fish



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