Autumn Winter Menu 2023 – Week One 13 Nov, 4 Dec, 8 Jan, 22 Jan, 4 Mar, 25 Mar



WEEK ONE	DIANET 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
Sandwiches					
Baked Jacket Potatoes		Jacket Potato with Tuna Mayonnaise, Salmon Mayonnaise , Cheese, or Beans			
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 & Y









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.





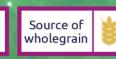
Autumn Winter Menu 2023 – Week Two 30 Oct, 20 Nov, 11 Dec, 8 Jan, 29 Jan, 19 Feb, 11 Mar,

•	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, 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, Fre









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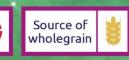
Autumn Winter Menu 2023 – Week Three 6 Nov, 27 Nov, 18 Dec, 15 Jan, 5 Feb, 26 Feb, 18 Mar

WEEK THE	REE	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pip's Plan Friendly C		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 Tw	vo	Homemade Macaroni Cheese	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast of the Day, Roast Potatoes & Gravy	Beef Mince Chilli & Rice	Cod Fish Fingers & Chips
. Vegetable	S	Sweetcorn, Cauliflower	Mixed Vegetables, Peas	Seasonal Greens, Carrots	Green Beans, Cauliflower	Baked Beans, Peas
Sandwich	es	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jac Potatoes	:ket	Jacket Potato with Tuna Mayonnaise or Cheese or Beans				
Dessert		Chocolate Banana Cake	Oaty Flapjack Finger with Fruit	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Shortbread & Mandarin Pieces

Oily fish

Available Daily: Pick & Mix Selection, Salad, Fr









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.