

# Autumn Winter Menu 2023 – Week One

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	Tomato Pasta Bake 
Option Two	Homemade Macaroni Cheese	Chicken Tikka Masala Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Pork Sausage Roll & Skin on Baked Wedges	Cod Fish Fingers & Chips
Option Three	Jacket potato With cheese & beans	Veggie Tikka Masala & Rice 	Pasta with cheese	Jacket Potato With Tuna Mayonnaise	Jacket Potato With Cheese & Beans
Vegetables	Mixed Vegetables, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas 
Sandwiches	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise				
Dessert	Yogurt and Fruit	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Fruity Strawberry Jelly 	Chocolate Sponge

Available Daily: Pick & Mix Selection, Salad, Fresh Bread

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

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 Bolognese 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 Bolognese with Peppers 	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito 	Cod Fish Fingers & Chips
Option Three	Jacket potato With Tuna Mayonnaise	Jacket potato With cheese & Beans	Pasta with cheese	Jacket potato With Cheese & Beans	Pasta with Italian Tomato & Basil Sauce
Vegetables	Sweetcorn, Peas 	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas 
Sandwiches	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise				
Dessert	Yogurt or Fruit	Homemade Lemon Cake & Custard	Banana Cake & Fruit Slices 	Fruity Strawberry Jelly	Chocolate cookie

Available Daily: Pick & Mix Selection, Salad, Fresh Bread

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.





## Autumn Winter Menu 2023 – Week Three

Jan, 5 Feb, 26 Feb, 18 Mar, 8 Apr, 15

WEEK THREE	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pip's Planet Friendly Option	Cheese & Tomato Pizza & Garlic Bread 	Vegetable Meatballs with Smoky Barbecue 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
Option Three	Jacket Potato with Cheese & Beans	Pasta with Cheese	Jacket Potato with Tuna Mayonnaise	Pasta with Italian Tomato & Basil Sauce	Jacket Potato With Cheese & Beans
Vegetables	Sweetcorn, Cauliflower 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas 
Sandwiches	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise				
Dessert	Yogurt or Fruit	Oaty Flapjack Finger with Fruit 	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Shortbread & Mandarin Pieces 

Available Daily: Pick & Mix Selection, Salad, Fresh Bread

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.

