















# Autumn Winter Menu 2023 – Week One



WEEK ONE 22/1/24 19/2/24 11/3/24	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pip's Planet Friendly Option	Beany Veggie Burrito 	Cheese & Tomato Pizza & Garlic Bread 	Veggie Sausage Toad in the Hole, Roast Potatoes & Gravy 	Cheese & Onion Roll & Skin on Baked Wedges	Veggie Pasta Bake 
Option Two	Macaroni Cheese	Mild Chicken Tikka Curry & Rice 	Roast of the day, Roast Potatoes, Yorkshire Pudding & Gravy	Pork Sausage Roll & Skin on Baked Wedges	Fish Fingers & Chips
'Street Food'		Massaman Chicken Curry & Rice 	Hot Roast Baguette	American Style Chicken Meatball Sub & Sweetcorn	
Vegetables	Mixed Vegetables, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas 
Sandwiches, Rice	Freshly Made Sandwich with Cheddar Cheese, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes	Jacket potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
Dessert	Apple Sponge 	Flapjack Finger	Vanilla Sponge & Custard	Tutti Frutti Jelly with Mandarins 	Chocolate Shortbread

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

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 Two

The Food Universe

WEEK TWO 8/1/24 29/1/24 26/2/24 18/3/24	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pip's Planet Friendly Option	Cheesy Bean Pitta 	Veggie Bolognaise Pasta 	Veggie Sausage Toad in the Hole, Roast Potatoes & Gravy	Macaroni Cheese	Cheese & Onion Roll & Chips
Option Two	Cheese & Tomato Pizza & Garlic Bread 	Pasta Bolognaise 	Roast of the day, Roast Potatoes, Yorkshire Pudding & Gravy	Chicken & Bean Burrito 	Fish Fingers & Chips
'Street Food'		East Indian Chicken Jalfrezi & Rice 	Hot Roast Baguette	Massaman Aubergine Curry & Rice 	
Vegetables	Sweetcorn, Peas 	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar Cheese, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
Dessert	Apple Crumble Bar 	Lemon Cake & Custard	Banana Cake & Fruit Slices 	Chocolate Cookie	Strawberry Jelly

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

Portion(s)  
of fruit or veg



Source of  
wholegrain



Contains  
plant-based  
proteins



50%  
fruit



Oily  
fish
















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## Autumn Winter Menu 2023 – Week Three

WEEK THREE 15/1/24 5/2/24 4/3/24 25/3/24	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pip's Planet Friendly Option	Beany Veggie Sausage Pitta 	Veggie Mince Cottage Pie 	Veggie Sausage Toad in the Hole, Roast Potatoes & Gravy	Cheese & Tomato Pizza & Garlic Bread 	Cheese & Onion Roll & Chips
Option Two	Macaroni Cheese	BBQ Chicken Meatballs & Rice	Roast of the Day, Roast Potatoes, Yorkshire Puddin & Gravy	Beef Chilli with Rice 	Fish Fingers & Chips
'Street Food'		Spanish Vegetable & Bean Quesadillas 	Hot Roast Baguette	Texas Barbeque Smoky Chicken & Rice 	
Vegetables	Sweetcorn 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar Cheese , Tuna Mayonnaise or Ham				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
Dessert	Chocolate Banana Cake	Flapjack with Fruit 	Chocolate Sponge & Custard	Lemon Drizzle Cake	Shortbread & Mandarin Pieces

Portion(s)  
of fruit or veg



Source of  
wholegrain



Contains  
plant-based  
proteins



50%  
fruit

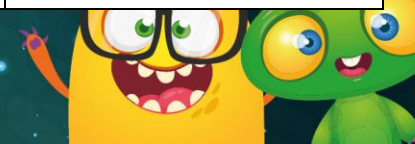


Oily  
fish



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.





					50%
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Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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England's target for 'free sugar'  
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