


# Autumn Winter Menu 2023



WEEK ONE	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Packed lunch.	Freshly Made Wholemeal Sandwich OR White Roll with Cheddar, Tuna Mayonnaise or Egg. Carrot and cucumber fingers.				
Dessert	Flapjack finger	Shortbread	Vanilla muffin	Oatie biscuit	Same as Hot dinner Menu

\*Fresh fruit and yogurts available daily.

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.

