











Allergen Aware Autumn Winter Menu – Week One

10th April, 1st May, 22nd May, 12th June, 3rd July, 24th July, 14th Aug, 4th Sept, 25th Sept, 16th Oct



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WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Cheese & Tomato Pizza with Wedges 	Italian Chicken & Mixed Rice 	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Sausage Pasta Bake	Fish Fingers & Chips
VEGETARIAN OPTION 1	Jacket Wedges with Baked Beans & Cheese 	Beany Tomato Ragu & Fluffy Rice 	Quorn Roast, Roast Potatoes, Stuffing & Gravy	Vegetable Sausage Pasta Bake 	Cheesy Pea Pasta
VEGETARIAN 2. (FRIDAYS ONLY)	*	*	*	*	Veg Burger in a Bun & Chips
VEGETABLES	Sweetcorn or Mixed Salad 	Peas & Carrots 	Cauliflower & Carrots 	Green Beans & Sweetcorn Mix or Salad 	Baked Beans Peas 
JACKET POTATO	Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans				
CHOICE OF EITHER DESSERT OF THE DAY, YOGHURT OR FRUIT	Oat & Raisin Cookie	Chocolate Sponge with Chocolate Sauce	Ice Cream	Vanilla Blondie	Strawberry Traybake

Available Daily: Mixed Salad & Packed Lunch

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.



Allergen Aware Autumn Winter Menu – Week Two

17th April, 8th May, 29th May, 19th June, 10th July, 31st July, 21st Aug, 11th sept, 2nd Oct, 23rd Oct



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WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Rainbow Pizza & Wedges 	Chicken & Sweetcorn Meatballs, Tomato Sauce & Pasta	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chicken Tikka Curry & Mixed Rice 	Fish Fingers & Chips
VEGETARIAN OPTION 1	Jacket Wedges with Baked Beans & Cheese 	Veggie Burger & Potato Wedges	Veg Sausage, Roast Pots, Stuffing & Gravy	Cheese & Onion Pastry Roll & Potato Wedges	Margherita Macaroni
VEGETARIAN 2. (FRIDAYS ONLY)	*	*	*	*	Vegetable Nuggets & Chips
VEGETABLES	Sweetcorn & Pea Mix or Salad 	Green Beans & Cauliflower 	Carrots & Peas 	Sweetcorn or Mixed Salad 	Baked Beans Peas
JACKET POTATO	Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans				
CHOICE OF EITHER DESSERT OF THE DAY, YOGHURT OR FRUIT	Flapjack Finger	Chocolate & Banana Muffin 	Jelly & Mandarins 	Jam Sponge & Custard	Chocolate Ice Cream

Available Daily: Mixed Salad & Packed Lunch

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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Allergen Aware Autumn Winter Menu – Week Three

3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 7th Aug, 28th Aug, 18th Sept, 9th Oct



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WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Cheese & Tomato Pizza & Wedges 	Pork Hot Dog & Baked Potato Wedges	Roast Chicken, Roast Potatoes, Stuffing & Gravy	BBQ Chicken, Vegetable Burrito & Mixed Rice 	Fish Fingers & Chips
VEGETARIAN OPTION 1	Jacket Wedges with Baked Beans & Cheese 	Veggie Mince Pasta Bake 	Veg Sausage, Roast Pots, Stuffing & Gravy	Cheese & Onion Quiche & Diced Potatoes	Macaroni Cheese
VEGETARIAN 2. (FRIDAYS ONLY)	*	*	*	*	Veg Burger in a Bun & Chips
VEGETABLES	Sweetcorn or Mixed Salad 	Peas or Baked Beans 	Sweetcorn & Cauliflower 	Green Beans & Carrots 	Baked Beans Garden Peas 
JACKET POTATO	Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans				
CHOICE OF EITHER DESSERT OF THE DAY, YOGHURT OR FRUIT	Chocolate Shortbread Biscuit	Fruity Flapjack with Banana 	Oat Crunch Biscuit	Apple Sponge & Custard 	Chocolate Cornflake Cake

Available Daily: Mixed Salad & Packed Lunch

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.

