

Autumn Winter Menu 2023/24 – Week One

13 Nov, 4 Dec, 1 Jan, 22 Jan, 12 Feb, 4 Mar, 25 Mar

WEEK ONE	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Dinner Option	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
Vegetarian	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 
Vegetables	Mixed Vegetables, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, 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	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, 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 Selection, Fresh Bread, Fresh Fruit & Yoghurt



Portion(s) of fruit or veg

Source of wholegrain

Contains plant-based proteins

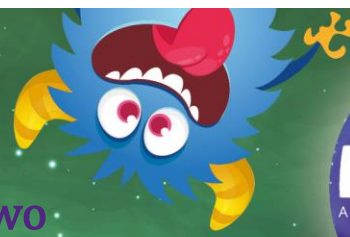
50% fruit














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.

Spixworth Federation  
 Autumn Winter Menu 2023/24 – Week Two  
 23 Oct, 30 Oct, 20 Nov, 11 Dec, 8 Jan, 29 Jan,  
 19 Feb, 11 Mar, 1 Apr



WEEK TWO	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Dinner Option	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
Vegetarian	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
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	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 & Sultana Crumble Bar 	Homemade Lemon Cake & Custard	Banana Cake & Fruit Slices 	Chocolate Cookie	Fruity Strawberry Jelly

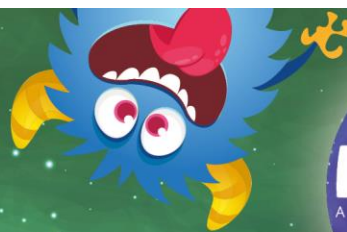
Available Daily: Pick & Mix Selection, Salad Selection, Fresh Bread, Fresh Fruit & Yoghurt



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 2023/24 – Week Three

6 Nov, 27 Nov, 18 Dec, 15 Jan, 5 Feb, 26 Feb, 18 Mar, 8 Apr

WEEK THREE	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Dinner Option	Homemade Macaroni Cheese	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast Chicken, Roast Potatoes & Gravy	Beef Mince Chilli & Rice	Cod Fish Fingers & Chips
Vegetarian	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
Vegetables	Sweetcorn	Mixed Vegetables, Peas	Seasonal Greens, Carrots	Green Beans, Cauliflower	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	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	Oaty Flapjack Finger with Fruit	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Shortbread & Mandarin Pieces

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



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.