













# Autumn Winter Menu 2023/24 – Week One

13 Nov, 04 Dec, 15 Jan, 05 Feb, 26 Feb, 18 Mar, 08 Apr

## Reepham Primary



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet Friendly Option</b>	Mexican Bean & Roasted Vegetable Burrito 	Cheese & Tomato Pizza & Mixed Salad 	Quorn Sausage Casserole in a Yorkshire Pudding 	Cheese & Onion Pastry Roll & Baked Wedges	Mediterranean Vegetable Pasta Bake 
<b>Option Two</b>	Homemade Macaroni Cheese	Chicken & Indian Lentil Tikka Masala Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Pork Sausage Roll & Baked Wedges	Fish Fingers & Chips
<b>Vegetables</b>	Mixed Vegetables, Sweetcorn 	Peas 	Carrots, Seasonal Greens 	Baked Beans Sweetcorn 	Baked Beans, Peas 
<b>Baked Jacket Potatoes</b>	Jacket Potato with choice of either Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans
<b>Dessert of the Day, Yoghurt or Fresh Fruit</b>	Homemade Apple Sponge Cake 	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Fruit Jelly 	Chocolate Shortbread

**Available Daily: Mixed Salad**

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 2023/24 – Week Two

30 Oct, 20 Nov, 11 Dec, 1 Jan, 22 Jan, 12 Feb, 04 Mar, 25 Mar



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet Friendly Option</b>	<b>Loaded Cheesy Bean Hot Pitta Parcel</b> 	<b>Plant-based Bolognaise Pasta with Lentils, Peppers &amp; Basil</b> 	<b>Quorn Sausage Toad in the Hole, Roast Potatoes &amp; Gravy</b>	<b>Homemade Macaroni Cheese</b>	<b>Cheese &amp; Onion Pastry Roll &amp; Chips</b>
<b>Option Two</b>	<b>Homemade Cheese &amp; Tomato Pizza &amp; Mixed Salad</b> 	<b>Hearty Pasta Bolognaise with Peppers</b> 	<b>Toad in the Hole, Roast Potatoes &amp; Gravy</b>	<b>Mexican Style Chicken &amp; Bean Burrito</b> 	<b>Fish Fingers &amp; Chips</b>
<b>Vegetables</b>	<b>Sweetcorn, Peas</b> 	<b>Green Beans, Carrots</b> 	<b>Cauliflower, Seasonal Greens</b> 	<b>Mixed Veg, Sweetcorn</b> 	<b>Baked Beans, Peas</b> 
<b>Baked Jacket Potatoes</b>	<b>Jacket Potato with choice of either Cheese or Beans</b>	<b>Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans</b>	<b>Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans</b>	<b>Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans</b>	<b>Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans</b>
<b>Dessert of the Day, Yoghurt or Fresh Fruit</b>	<b>Apple Crumble</b> 	<b>Homemade Lemon Cake &amp; Custard</b>	<b>Banana Cake</b> 	<b>Chocolate Cookie</b>	<b>Fruity Jelly</b>

**Available Daily: Mixed Salad**

Portion(s) of fruit or veg	  	Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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## Autumn Winter Menu 2023/24 – Week Three

06 Nov, 27 Nov, 18 Dec, 08 Jan, 29 Jan, 19 Feb, 11 Mar, 01 Apr



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet Friendly Option</b>	Quorn Sausage & Bean Loaded Hot Pockets 	Plant-based Mince & Lentil Cottage Pie 	Quorn Sausage, Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza & Mixed Salad 	Cheese & Onion Pastry Roll & Chips
<b>Option Two</b>	Homemade Macaroni Cheese	Smoky Barbeque Chicken Meatballs & Rice	Roast of the Day, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	Fish Fingers & Chips
<b>Vegetables</b>	Sweetcorn 	Mixed Vegetables, Peas 	Carrots, Seasonal Greens 	Peas, Sweetcorn 	Baked Beans, Peas 
<b>Baked Jacket Potatoes</b>	Jacket Potato with choice of either Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans	Jacket Potato with choice of either Tuna Mayonnaise, Cheese or Beans
<b>Dessert of the Day, Yoghurt or Fresh Fruit</b>	Chocolate Banana Cake	Oaty Flapjack Finger	Homemade Chocolate Sponge & Custard	Lemon Drizzle Cake	Homemade Shortbread

**Available Daily: Mixed Salad**

Portion(s) of fruit or veg 	Source of wholegrain 	Contains plant-based proteins 	50% fruit 	Oily fish 
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