

Autumn Winter Menu 2023/24 – Week One

13 Nov, 04 Dec, 1 Jan, 22 Jan, 12 Feb, 04 Mar, 25 Mar

Mattishall Primary



| WEEK ONE | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|--|
| Planet Friendly Option | 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 |
| Option Two | 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 |
| Vegetables | Mixed Vegetables, Sweetcorn | Peas | Carrots, Seasonal Greens | Baked Beans Sweetcorn | Baked Beans, Peas |
| Pasta | Pasta with Cheese or Tomato Sauce | | | | |
| Baked Jacket Potatoes | 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 |
| Dessert of the Day, Yoghurt or Fresh Fruit | Homemade Apple Sponge Cake | Oaty Flapjack Finger | Homemade Vanilla Sponge | Fruit Jelly | Chocolate Shortbread |

Available Daily: Packed Lunch, Mixed Salad

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| 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 Two

30 Oct, 20 Nov, 11 Dec, 08 Jan, 29 Jan, 19 Feb, 11 Mar, 01 Apr



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

Available Daily: Packed Lunch, Mixed Salad

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|---|---|--|---|--|
| 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, 15 Jan, 05 Feb, 26 Feb, 18 Mar, 08 Apr



| WEEK THREE | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|--|
| Planet Friendly Option | 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 |
| Option Two | Homemade Macaroni Cheese | Smoky Barbeque Chicken Meatballs & Rice | Roast of the Day, Roast Potatoes & Gravy | Beef Mince Chilli & Rice | Fish Fingers & Chips |
| Vegetables | Sweetcorn | Mixed Vegetables, Peas | Carrots, Seasonal Greens | Peas, Sweetcorn | Baked Beans, Peas |
| Pasta | Pasta with Cheese or Tomato Sauce | | | | |
| Baked Jacket Potatoes | 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 |
| Dessert of the Day, Yoghurt or Fresh Fruit | Chocolate Banana Cake | Oaty Flapjack Finger | Homemade Chocolate Sponge | Lemon Drizzle Cake | Homemade Shortbread |

Available Daily: Packed Lunch, Mixed Salad

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

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