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















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	THECDAY	WEDNECDAY	THURCDAY	EDIDAY		
WEEK TWO	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

















Autumn Winter Menu 2023/24 – Week Three

06 Nov, 27 Nov, 18 Dec, 15 Jan, 05 Feb, 26 Feb, 18 Mar, 08 Apr



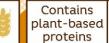
WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Planet Friendly Option	Quorn Sausage & Bean Loaded Hot Pockets	Plant-based Mince & Lentil Cottage Pie	Quorn Sausage, Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza & Mixed Salad	Cheese & Onion Pastry Roll & Chips	
Option Two	Homemade 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















Our desserts meet Public Health England's target for 'free sugar' intake for your child.