













Autumn Winter Menu 2023/24 – Week One

13 Nov, 04 Dec, 25 Dec, 15 Jan, 5 Feb, 26 Feb, 18 Mar

Foulsham 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 
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 & Custard	Fruit Jelly 	Chocolate 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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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, 4 Mar, 25 Mar



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 
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 & Custard	Banana Cake 	Chocolate Cookie	Fruity Jelly

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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Autumn Winter Menu 2023/24 – Week Three

06 Nov, 27 Nov, 18 Dec, 8 Jan, 29 Jan, 19 Feb, 11 Mar, 1 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 
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 & Custard	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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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.