## Autumn Winter Menu 2023/24 – Week One

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



# Yaxham 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 & Custard	Fruit Jelly	Chocolate Shortbread

Oily fish

50%

fruit

(50

Available Daily: Packed Lunch, Mixed Salad

Source of

wholegrain

Portion(s) of

fruit or veg

Contains

plant-based

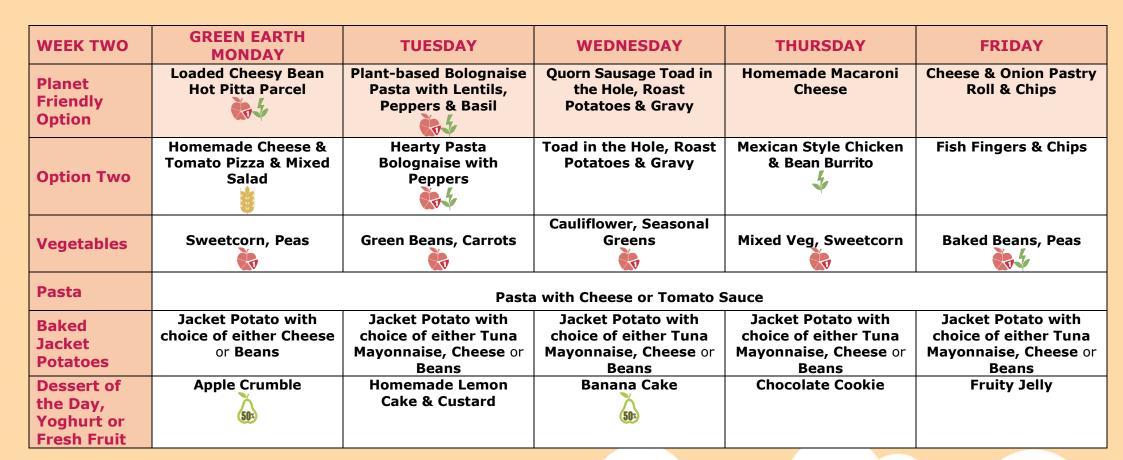
proteins

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



Oily

fish

#### **Available Daily: Packed Lunch, Mixed Salad**

Portion(s) of

fruit or veg



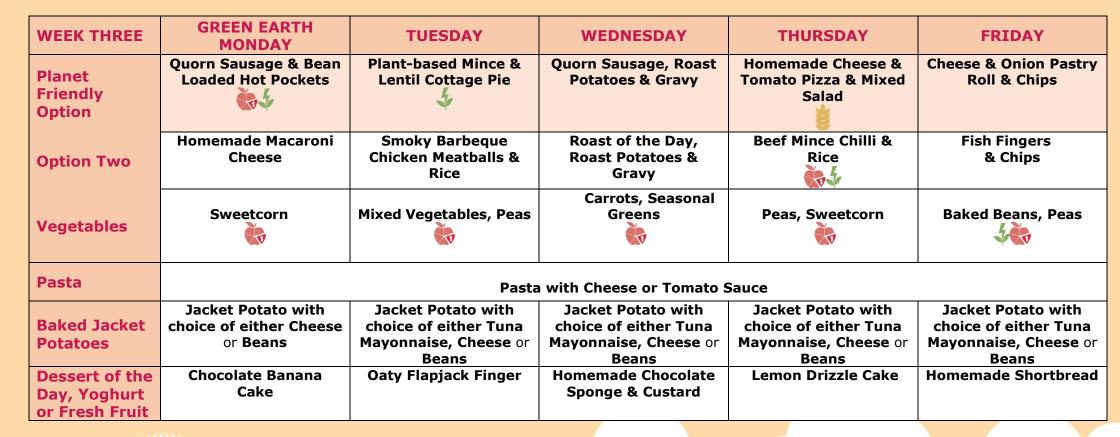
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### Autumn Winter Menu 2023/24 – Week Three

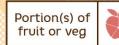
06 Nov, 27 Nov, 18 Dec, 15 Jan, 05 Feb, 26 Feb, 18 Mar, 08 Apr



Oily

fish

#### Available Daily: Packed Lunch, Mixed Salad





Contains plant-based proteins

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