

Autumn Winter Menu 2023/24 – Week One
13 Nov, 04 Dec, 1 Jan, 22 Jan, 12 Feb, 04 Mar, 25 Mar



Wexham Court Primary

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Planet Friendly Option	Mexican Bean & Roasted Vegetable Burrito 	Cheese & Tomato Pizza & Garlic Bread 	Quorn Sausage Casserole in a Yorkshire Pudding 	Cheese & Onion Pastry Roll & Skin on Baked Wedges	Mediterranean Vegetable Pasta Bake
Option 2	Homemade Macaroni Cheese	Chicken & Indian Lentil Tikka Masala Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Vegan Sausage Roll & Skin on Baked Wedges	Cod Fish Fingers & Chips
Halal Option		Chicken & Indian Lentil Tikka Masala Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Chicken Sausages & Skin on Baked Wedges	
Vegetables	Mixed Vegetables, Sweetcorn 	Peas, Carrots 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas
Pasta Option	Pasta with Cheese or Italian Tomato & Basil Sauce		Pasta with Cheese or Italian Tomato & Basil Sauce		Pasta with Cheese or Italian Tomato & Basil Sauce
Baked Jacket Potatoes		Jacket Potato with Tuna Mayonnaise or Cheese or Beans		Jacket Potato with Tuna Mayonnaise or Cheese or Beans	
Dessert	Homemade Apple Sponge Cake 	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Strawberry Jelly 	Chocolate Shortbread

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit

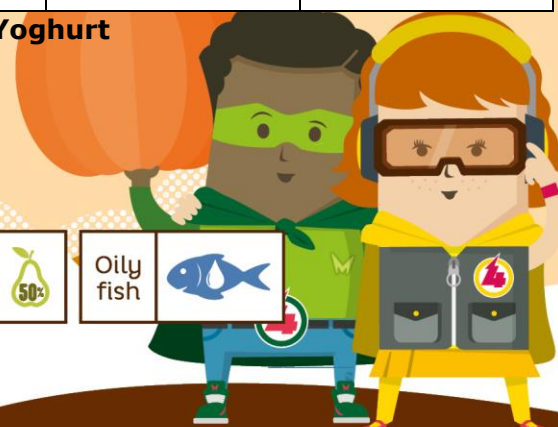


Oily fish



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

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



Wexham Court Primary

WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Planet Friendly Option	Loaded Cheesy Bean Hot Pitta Parcel 	Plant-based Bolognese Pasta with Lentils, Peppers & Basil 	Quorn Sausage Toad in the Hole, Roast Potatoes & Gravy	Homemade Macaroni Cheese	Cheese & Onion Pastry Roll & Chips
Option 2	Homemade Cheese & Tomato Pizza & Garlic Bread 	Hearty Pasta Bolognese with Peppers 	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito 	Cod Fish Fingers & Chips
Halal Option		Hearty Pasta Bolognese with Peppers 	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito 	
Vegetables	Sweetcorn, Peas 	Green Beans, Carrots 	Carrots, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas
Pasta Option	Pasta with Cheese or Italian Tomato & Basil Sauce		Pasta with Cheese or Italian Tomato & Basil Sauce		Pasta with Cheese or Italian Tomato & Basil Sauce
Baked Jacket Potatoes		Jacket Potato with Tuna Mayonnaise or Cheese or Beans		Jacket Potato with Tuna Mayonnaise or Cheese or Beans	
Dessert	Apple & Sultana Crumble Bar 	Homemade Cake & Custard	Banana Cake & Fruit Slices 	Chocolate Cookie	Fruity Strawberry Jelly

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit

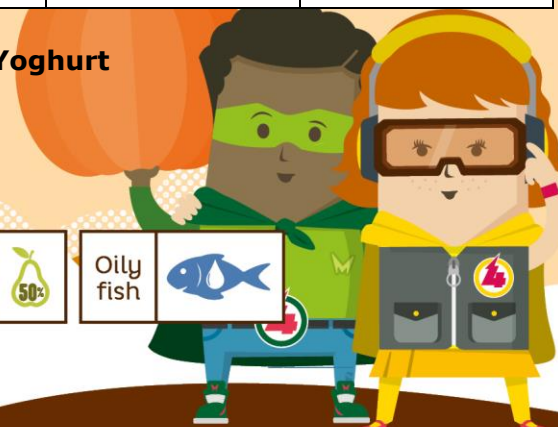


Oily fish



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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

Wexham Court Primary

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 & Garlic Bread 	Cheese & Onion Pastry Roll & Chips
Option 2	Homemade Macaroni Cheese	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast of the Day, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	Cod Fish Fingers & Chips
Halal Option		Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast Chicken, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	
Vegetables	Sweetcorn, Carrots 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Sweetcorn 	Baked Beans, Peas 
Pasta Option	Pasta with Cheese or Italian Tomato & Basil Sauce		Pasta with Cheese or Italian Tomato & Basil Sauce		Pasta with Cheese or Italian Tomato & Basil Sauce
Baked Jacket Potatoes		Jacket Potato with Tuna Mayonnaise or Cheese or Beans		Jacket Potato with Tuna Mayonnaise or Cheese or Beans	
Dessert	Chocolate Banana Cake	Oaty Flapjack Finger with Fruit 	Homemade Chocolate Sponge & Custard	Strawberry Jelly 	Shortbread

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit & Yoghurt

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.

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