NETHERTHORPE PRIMARY AUTUMN WINTER 23/24 WEEK ONE

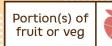






PRIMARY MENU WEEK 1	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Macaroni Cheese	Chicken Tikka Curry with Mixed Rice	Yorkshire Pudding with Beef Mince & Roast Potatoes	American Style Chicken & Sweetcorn Meatball Sub Roll	Fish Fingers with Chips
Vegetarian Main Course	Beany Veggie Burrito	Cheese & Tomato Pizza with Garlic Bread	Yorkshire Pudding with Vegetarian Mince & Roast Potatoes	Cheese & Onion Roll with Baked Potato Wedges	Veggie Pasta Bake
Halal		Halal Chicken Tikka Curry with Mixed Rice	Yorkshire Pudding with Halal Lamb Mince & Roast Potatoes	Halal Chicken Pattie with Baked Potato Wedges	
Jacket Potato and Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans, Salmon Mayo or Tuna Mayo
Sandwiches	Cheese Sandwich	Tuna Wrap	Hot Roast Baguette of the Day	Salmon or Tuna Mayo Sandwich	Cheese Sandwich
Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Cauliflower	Carrots Seasonal Greens	Green Beans Baked Beans Sweetcorn	Baked Beans Garden Peas
Dessert	Apple Sponge	Flapjack Finger	Vanilla Sponge with Custard	Tootie Fruity Jelly with Mandarins	Chocolate Shortbread

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts



Source of wholegrain



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.

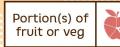
AUTUMN WINTER 23/24 WEEK TWO





PRIMARY MENU WEEK 2	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Cheesy Bean Pitta	Beef Pasta Bolognaise	Roast Chicken with Roast Potatoes & Gravy	Chicken & Bean Burrito	Fish Fingers with Chips
Vegetarian Main Course	Cheese & Tomato Pizza with Garlic Bread	Veggie Pasta Bolognaise	Vegetable Sausage Toad in the Hole with Roast Potatoes & Gravy	Macaroni Cheese	Cheese & Onion Pastry Roll with Chips
Halai		Halal Lamb Pasta Bolognaise	Halal Chicken Pattie with Roast Potatoes & Gravy	Halal Chicken & Bean Burrito	
Jacket Potato and Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo
Sandwiches	Cheese Sandwich	Tuna and Sweetcorn Wrap	Hot Roast Baguette of the Day	Cheese Sandwich	Cheese and Tomato Sandwich
Vegetables	Sweetcorn Garden Peas	Green Beans Carrots	Cauliflower Seasonal Greens	Mixed Vegetables Sweetcorn	Baked Beans Garden Peas
Dessert	Apple Crumble Bar	Lemon Cake with Custard	Banana Cake with Fruit	Chocolate Cookie	Strawberry Jelly

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts







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

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NECHERTHORPE PRIMARY AUTUMN WINTER 23/24 WEEK THREE

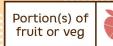






PRIMARY MENU WEEK 3	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Macaroni Cheese	BBQ Chicken Meatballs With Mixed Rice	Roast Chicken with Roast Potatoes & Gravy	Beef Chilli with Mixed Rice	Fish Fingers with Chips
Vegetarian Main Course	Beany Sausage Pitta	Veggie Mince Cottage Pie	Vegetable Sausage with Roast Potatoes & Gravy	Cheese & Tomato Pizza with Garlic Bread	Cheese & Onion Roll with Chips
Halal		Halal BBQ Chicken Meatballs with Mixed Rice	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Lamb Mince Chilli with Mixed Rice	
Jacket Potato and Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo			
Sandwiches	Cheese Sandwich	Salmon Sandwich	Hot Roast Baguette of the Day	Tuna and Sweetcorn Sandwich	Fish Finger Wrap
Vegetables	Sweetcorn Cauliflower	Mixed Vegetables Garden Peas	Seasonal Greens Carrots	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	Chocolate Banana Cake	Flapjack with Fruit	Chocolate Sponge with Custard	Lemon Drizzle Cake	Shortbread with Mandarins

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts







Oily fish Ou Eng

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

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