

# NETHERTHORPE PRIMARY

## AUTUMN WINTER 23/24

### WEEK ONE



PRIMARY MENU WEEK 1	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	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
<b>Vegetarian Main Course</b>	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
<b>Halal</b>		Halal Chicken Tikka Curry with Mixed Rice	Yorkshire Pudding with Halal Lamb Mince & Roast Potatoes	Halal Chicken Pattie with Baked Potato Wedges	
<b>Jacket Potato and Filling</b>	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
<b>Sandwiches</b>	Cheese Sandwich	Tuna Wrap	Hot Roast Baguette of the Day	Salmon or Tuna Mayo Sandwich	Cheese Sandwich
<b>Vegetables</b>	Mixed Vegetables Sweetcorn	Garden Peas Cauliflower	Carrots Seasonal Greens	Green Beans Baked Beans Sweetcorn	Baked Beans Garden Peas
<b>Dessert</b>	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

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.

# NETHERTHORPE PRIMARY

## AUTUMN WINTER 23/24

### WEEK TWO



PRIMARY MENU WEEK 2	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Cheesy Bean Pitta	Beef Pasta Bolognese	Roast Chicken with Roast Potatoes & Gravy	Chicken & Bean Burrito	Fish Fingers with Chips
<b>Vegetarian Main Course</b>	Cheese & Tomato Pizza with Garlic Bread	Veggie Pasta Bolognese	Vegetable Sausage Toad in the Hole with Roast Potatoes & Gravy	Macaroni Cheese	Cheese & Onion Pastry Roll with Chips
<b>Halal</b>		Halal Lamb Pasta Bolognese	Halal Chicken Pattie with Roast Potatoes & Gravy	Halal Chicken & Bean Burrito	
<b>Jacket Potato and Filling</b>	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
<b>Sandwiches</b>	Cheese Sandwich	Tuna and Sweetcorn Wrap	Hot Roast Baguette of the Day	Cheese Sandwich	Cheese and Tomato Sandwich
<b>Vegetables</b>	Sweetcorn Garden Peas	Green Beans Carrots	Cauliflower Seasonal Greens	Mixed Vegetables Sweetcorn	Baked Beans Garden Peas
<b>Dessert</b>	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

Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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### WEEK THREE



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

Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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