

GREAT MOOR INFANTS Autumn Winter Menu 2023/24 – Week One



| WEEK ONE | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------|------------------------------------|---|--|--|--|
| Planet Friendly Option | Beany Veggie Burrito | Cheese & Tomato Pizza & Garlic Bread | Quorn Sausage Casserole in a Yorkshire Pudding | Cheese & Onion Roll & Skin on Baked Wedges | Tomato & Basil Pasta |
| Option Two | Macaroni Cheese | Mild Chicken Tikka Curry & Rice | Filled Yorkshire Pudding with Savoury Mince & Roast Potatoes | Pork Sausage Roll & Skin on Baked Wedges | Fish Fingers & Chips |
| Vegetables | Mixed Vegetables, Sweetcorn | Peas, Cauliflower | Carrots, Seasonal Greens | Green Beans, Sweetcorn | Baked Beans, Peas |
| Baked Jacket Potatoes | Freshly Made Sandwich with Cheddar | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham | Jacket Potato with Tuna Mayonnaise , Salmon Mayonnaise, Cheese, or Beans |
| Dessert | Apple Sponge | Flapjack Finger | Vanilla Sponge & Custard | Tutti Frutti Jelly with Mandarins | Chocolate Shortbread |

Available Daily: Pick & Mix Selection, Salad, 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.

GREAT MOOR INFANTS Autumn Winter Menu 2023/24 – Week Two



| WEEK TWO | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|---|--|--|---|--|
| Planet Friendly Option | Cheesy Bean Pitta | Veggie Bolognaise Pasta | Veggie Sausage Toad in the Hole, Roast Potatoes & Gravy | Macaroni Cheese | Cheese & Onion Roll & Chips |
| Option Two | Cheese & Tomato Pizza & Garlic Bread | Pasta Bolognaise | Toad in the Hole, Roast Potatoes & Gravy | Chicken & Bean Burrito | Fish Fingers & Chips |
| Vegetables | Sweetcorn, Peas | Green Beans, Carrots | Cauliflower, Seasonal Greens | Mixed Vegetables, Sweetcorn | Baked Beans, Peas |
| Baked Jacket Potatoes | Freshly Made Sandwich with Cheddar | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham | Jacket Potato with Tuna Mayonnaise or Cheese or Beans |
| Dessert | Apple Crumble Bar | Lemon Cake & Custard | Banana Cake & Fruit Slices | Chocolate Cookie | Strawberry Jelly |

Available Daily: Pick & Mix Selection, Salad, 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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| WEEK THREE | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|---|--|---|---|---|
| Planet Friendly Option | Beany Veggie Sausage Pitta  | Veggie Meatballs in Tomato Sauce & Rice  | Veggie Sausage, Roast Potatoes & Gravy | Cheese & Tomato Pizza & Garlic Bread  | Cheese & Onion Roll & Chips |
| Option Two | Macaroni Cheese | BBQ Chicken Meatballs & Rice | Roast of the Day, Roast Potatoes & Gravy | Beef Chilli with Rice  | Fish Fingers & Chips |
| Vegetables | Sweetcorn  | Mixed Vegetables, Peas  | Seasonal Greens, Carrots  | Green Beans, Cauliflower  | Baked Beans, Peas  |
| Baked Jacket Potatoes | Freshly Made Sandwich with Cheddar | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham | Jacket Potato with Tuna Mayonnaise or Cheese or Beans |
| Dessert | Chocolate Banana Cake | Flapjack with Fruit  | Chocolate Sponge & Custard | Lemon Drizzle Cake | Shortbread & Mandarin Pieces  |

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

Portion(s) of fruit or veg



Source of wholegrain



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Oily fish



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