


# HIGH GREEN PRIMARY

## AUTUMN WINTER 2023/24

### 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	 Pork Sausage Roll with Baked Potato Wedges	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>Jacket Potato and Filling</b>		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	Ham Sandwich	Fish Finger Wrap
<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.

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### WEEK TWO



PRIMARY MENU WEEK 2	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Cheesy Bean Pitta	Beef Pasta Bolognaise	 Pork Sausage Toad in the Hole with Roast Potatoes & Gravy	Chicken & Bean Burrito	Fish Fingers with Chips
<b>Vegetarian Main Course</b>	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
<b>Jacket Potato and Filling</b>		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	Ham Sandwich	Fish Finger Wrap
<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>Jacket Potato and Filling</b>		Jacket Potato with Cheese, Baked Beans or Tuna Mayo		Jacket Potato with Cheese, Baked Beans or Tuna Mayo	
<b>Sandwiches</b>	Cheese Sandwich	Ham Sandwich	Hot Roast Baguette of the Day	Egg 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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