

THORN GROVE PRIMARY SCHOOL Autumn Winter Menu 2023 – Week One



WEEK ONE	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pip's 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 Two	Homemade Macaroni Cheese	Chicken & Indian Lentil Tikka Masala Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Pork 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, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas
Baked Jacket Potatoes, Sandwiches, Pasta	Cheese or Tuna Wrap	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Italian Tomato & Basil Pasta	Jacket Potato with Tuna Mayonnaise, Salmon Mayonnaise , Cheese, or Beans	Freshly Made Sandwich with Cheese, Tuna Mayonnaise or Ham
Dessert	Homemade Apple Sponge Cake 	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Fruity Strawberry Jelly & Mandarin Segments 	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
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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.



THORN GROVE PRIMARY SCHOOL Autumn Winter Menu 2023 – Week Two



WEEK TWO	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pip's 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	Massaman Aubergine Curry & Rice 	Cheese & Onion Pastry Roll & Chips
Option Two	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 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas
Baked Jacket Potatoes, Sandwiches, Rice & Pasta	Jollof Rice with 5 Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Pasta with Cheese	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham
Dessert	Apple & Sultana Crumble Bar 	Homemade Lemon Cake & Custard	Banana Cake & Fruit Slices 	Chocolate Cookie	Fruity 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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THORN GROVE PRIMARY SCHOOL Autumn Winter Menu 2023 – Week Three



WEEK THREE	 PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pip's Planet Friendly Option	Quorn Sausage & Bean Loaded Hot Pockets 	Vegetable Meatballs, Tomato Sauce & Rice	Quorn Sausage, Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza & Garlic Bread 	Cheese & Onion Pastry Roll & Chips
Option Two	Homemade Macaroni Cheese	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast Chicken, 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, Cauliflower 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas 
Baked Jacket Potatoes, Sandwiches, Pasta	Cheese or Tuna Pitta Pocket	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Italian Tomato & Basil Pasta	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham
Dessert	Chocolate Banana Cake	Oaty Flapjack Finger with Fruit 	Homemade Chocolate Sponge & Custard	Citrusy 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 

Contains plant-based proteins 

50% fruit 

Oily fish 

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