

WHARNCLIFFE SIDE PRIMARY

AUTUMN WINTER 23/24

WEEK ONE



PRIMARY MENU WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course 1	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
Main Course 2	Beany Veggie Burrito	Veggie Tikka Curry with Mixed Rice	Yorkshire Pudding with Vegetarian Mince & Roast Potatoes	Cheese & Onion Roll with Baked Potato Wedges	Veggie Pasta Bake
Jacket Potato and Fillings	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, Tuna Mayo or Salmon Mayo
Sandwiches	Ham, Tuna or Cheese	Ham, Tuna or Cheese	Ham, Tuna or Cheese Baguette	Ham, Tuna or Cheese	Fish Finger Wrap, Ham or Cheese
Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Cauliflower	Carrots Mixed Vegetables	Broccoli 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

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.

WHARNCLIFFE SIDE PRIMARY

AUTUMN WINTER 23/24

WEEK TWO



PRIMARY MENU WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course 1	Mediterranean Vegetable Tart	Beef Pasta Bolognaise	 Pork Sausage Toad in the Hole with Roast Potatoes & Gravy	Chicken Burrito with Rice	Fish Fingers with Chips
Main Course 2	Cheese & Tomato Pizza with Garlic Bread	Veggie Pasta Bolognaise	Vegetable Sausage Toad in the Hole with Roast Potatoes & Gravy	Veggie Burrito with Rice	Cheese Flan with Chips
Jacket Potato and Fillings	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	Ham, Salmon Mayo or Cheese	Ham, Tuna or Cheese	Sausage or Veggie Sausage Baguette	Ham, Tuna or Cheese	Fish Finger Wrap, Ham or Cheese
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

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WEEK THREE



PRIMARY MENU WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course 1	Beany Veggie Sausage Pitta	Shepherds Pie	Roast Chicken with Roast Potatoes & Gravy	Beef Chilli with Mixed Rice	Fish Fingers with Chips
Main Course 2	Cheese & Tomato Pizza with Pasta	Veggie Mince Cottage Pie	Quorn Roast with Roast Potatoes & Gravy	Veggie Chilli with Mixed Rice	Cheese & Onion Roll with Chips
Jacket Potato and Fillings	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	Ham, Tuna or Cheese	Ham, Tuna or Cheese	Roast Chicken, Roast Quorn, Tuna or Cheese Baguette	Ham, Tuna or Cheese	Fish Finger Wrap, Ham or Cheese
Vegetables	Sweetcorn Cauliflower	Mixed Vegetables Garden Peas	Seasonal Greens Carrots	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	Chocolate 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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