

Autumn Winter Menu 2023 – Week One

Taverham Junior School

13 Nov, 4 Dec, 1 Jan, 22 Jan, 12 Feb, 4 Mar, 25 Mar



WEEK ONE	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Option	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
Pip's Planet Friendly Option	Beany Veggie Burrito 	Cheese & Tomato Pizza 	Quorn Sausage Casserole in a Yorkshire Pudding 	Cheese & Onion Roll & Skin on Baked Wedges	Veggie Pasta Bake
Vegetables	Mixed Vegetables, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas
Sandwiches/ Pasta Pot	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Cheese or Tomato Pasta Pots				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or 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

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.



Autumn Winter Menu 2023 – Week Two

Taverham Junior School

23 Oct, 30 Oct, 20 Nov, 11 Dec, 8 Jan, 29 Jan, 19 Feb, 11 Mar, 1 Apr



WEEK TWO	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Option	Cheese & Tomato Pizza 	Pasta Bolognese 	Sausage & Yorkshire Pudding, Roast Potatoes & Gravy	Chicken & Bean Burrito 	Fish Fingers & Chips
Pip's Planet Friendly Option	Cheesy Bean Pitta 	Veggie Bolognese Pasta 	Veggie Sausage & Yorkshire Pudding, Roast Potatoes & Gravy	Macaroni Cheese	Cheese & Onion Roll & Chips
Vegetables	Sweetcorn, Peas 	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas
Sandwiches/ Pasta Pots	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Cheese or Tomato Pasta Pot				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	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

Autumn Winter Menu 2023 – Week Three

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Taverham Junior School

6 Nov, 27 Nov, 18 Dec, 15 Jan, 5 Feb, 26 Feb, 18 Mar, 8 Apr



WEEK THREE	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Option	Macaroni Cheese	BBQ Chicken Meatballs & Rice	Roast Chicken, Roast Potatoes & Gravy	Beef Chilli with Rice 	Fish Fingers & Chips
Pip's Planet Friendly Option	Veggie Pasta Bake 	Veggie Mince Cottage Pie 	Veggie Sausage, Roast Potatoes & Gravy	Cheese & Tomato Pizza 	Cheese & Onion Roll & Chips
Vegetables	Sweetcorn 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas
Sandwiches/ Pasta Pots	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Cheese or Tomato Pasta Pot				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
Dessert	Chocolate Banana Cake	Flapjack with Fruit 	Chocolate Sponge & Custard	Lemon Drizzle Cake	Shortbread & Mandarin Pudding

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

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