Autumn Winter Menu 2023 – Week One Taverham Junior School



| 13 Nov, 4 Dec, 1 Jan | , 22 Jan, 12 F | eb, 4 Mar, 25 | Mar |
|----------------------|----------------|---------------|-----|
| Chica | | | |

| 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 Frui



















Our desserts meet Public Health England's target for 'free sugar' intake for your child.





Autumn Winter Menu 2023 – Week Two Towerham Junior School

Taverham Junior School





| WEEK TWO | PLANET GREEN MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------|--|---------------------------------------|--|---------------------------------------|---------------------------------------|
| Main Option | Cheese & Tomato Pizza | Pasta Bolognaise | Sausage & Yorkshire Pudding , Roast Potatoes & Gravy | Chicken & Bean Burrito | Fish Fingers & Chips |
| Pip's Planet Friendly Option | Cheesy Bean Pitta | Veggie Bolognaise Pasta | Veggie Sausage & Yorkshire Pudding, Roast Potatoes & Gravy | Macaroni Cheese | Cheese & Onion Roll & Chips |
| | | | | | |
| | Sweetcorn, | Green Beans, Carrots | Cauliflower, | Mixed Vegetables, Sweetcorn | Baked Beans, Peas |
| Vegetables | Peas | | Seasonal Greens | | To V |
| Sandwiches/ | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Cheese or Tomato Pasta Pot | | | | |
| Pasta Pots | | | | | |
| Baked Jacket | Jacket Potato with Tuna | Jacket Potato with Tuna | Jacket Potato with Tuna | Jacket Potato with Tuna | Jacket Potato with Tuna |
| Potatoes | Mayonnaise or Cheese or | Mayonnaise or Cheese or | Mayonnaise or Cheese or | Mayonnaise or Cheese or | Mayonnaise or Cheese or |
| rotatoes | Beans | Beans | Beans | Beans | Beans |
| | Apple Crumble Bar | Lemon Cake & Custard | Banana Cake & Fruit Slices | Chocolate Cookie | Strawberry Jelly |
| Dessert | 50: | | 503 | | |

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

Autumn Winter Menu 2023 - Week Thr

















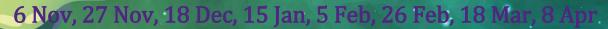


Our desserts meet Public Health England's target for 'free sugar' intake for your child.

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.



Taverham Junior School





| 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 & Ch |
| | Sweetcorn | Mixed Vegetables, Peas | Seasonal Greens, Carrots | Green Beans, Cauliflower | Baked Beans, Peas |
| Vegetables | Sweetcom | Mixed vegetables, reas | Seasonal Greens, Carrots | Green beans, Caumnower | bakeu beans, reas |
| 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 Tun Mayonnaise or Cheese or I |
| Dessert | Chocolate Banana Cake | Flapjack with Fruit | Chocolate Sponge & Custard | Lemon Drizzle Cake | Shortbread & Mandarin P |

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



















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