
















Eativerse
A UNIVERSE OF FOOD AND DRINK

Worlingham CEVC Primary School

Autumn Winter Menu 2023/24 – Week One

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	Cheese & Tomato Pizza & Baked Wedges 	Chicken & Indian Lentil Tikka Masala Curry & Rice 	Filled Yorkshire Pudding with Savoury Mince & Roast Potatoes	Pork Sausage Roll & Skin on Baked Wedges	Cod Fish Fingers & Chips
Vegetarian Option	Mexican Bean & Roasted Vegetable Burrito 	Home made Macaroni Cheese	Quorn Sausage Casserole in a Yorkshire Pudding & Roast Potatoes	Veggie Meatballs in Tomato Sauce with Rice 	Mediterranean Vegetable Pasta Bake 
Vegetables	Mixed Vegetables, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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	Homemade Apple Sponge Cake 	Oaty Flapjack Finger	Homemade Vanilla Sponge & Custard	Fruity Strawberry Jelly & Mandarin Segments 	Chocolate Shortbread

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



Portion(s)
of fruit or veg



Source of
wholegrain



Contains
plant-based
proteins



50%
fruit



Oily
fish
















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 2023/24 – Week Two

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 & Baked Wedges 	Hearty Pasta Bolognese with Peppers 	Sausage with Yorkshire Pudding , Roast Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito 	Cod Fish Fingers & Chips
Vegetarian Option	Loaded Cheesy Bean Hot Pitta Parcel 	Plant-based Bolognese Pasta with Lentils, Peppers & Basil 	Quorn Sausage Toad in the Hole, Roast Potatoes & Gravy	Homemade Macaroni Cheese	Cheese & Onion Pastry Roll & Chips
Vegetables	Sweetcorn, Peas 	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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 & Sultana Crumble Bar 	Homemade Lemon Cake & Custard	Banana Cake & Fruit Slices 	Chocolate Cookie	Fruity Strawberry Jelly

Available Daily: Pick & Mix Selection, Salad Selection, 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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Autumn Winter Menu 2023/24 – Week Three

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	Homemade Cheese & Tomato Pizza & Baked Wedges 	Smoky Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast Chicken, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	Cod Fish Fingers & Chips
Vegetarian Option	Quorn Sausage & Bean Loaded Hot Pockets 	Plant-based Mince & Lentil Cottage Pie 	Lentil Roast Roast Potatoes & Gravy 	Homemade Macaroni Cheese 	Tomato & Basil Pasta 
Vegetables	Sweetcorn 	Mixed Vegetables, Peas 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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	Oaty Flapjack Finger with Fruit 	Homemade Chocolate Sponge & Custard	Citrusy Lemon Drizzle Cake	Shortbread & Mandarin Pieces 

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

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



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.

