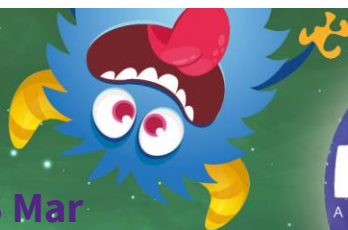


# Autumn Winter Menu 2023/24 – Week One

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



**Eativerse**  
A UNIVERSE OF FOOD AND DRINK

WEEK ONE	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pip's Planet-Friendly Option</b>	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 
<b>Option Two</b>	Homemade Macaroni Cheese	Chicken Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Pork Sausage Roll & Skin on Baked Wedges	Cod Fish Fingers & Chips
<b>Vegetables</b>	Mixed Vegetables, Sweetcorn 	Peas, Cauliflower 	Carrots, Seasonal Greens 	Green Beans, Sweetcorn 	Baked Beans, Peas 
<b>Sandwiches</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans
<b>Dessert</b>	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 Fruit*

# 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
<b>Pip's Planet-Friendly Option</b>	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
<b>Option Two</b>	Homemade Cheese & Tomato Pizza & Garlic Bread 	Hearty Pasta Bolognese 	Toad in the Hole, Roast Potatoes & Gravy	Mexican Style Chicken, Bean & Sweetcorn Burrito 	Cod Fish Fingers & Chips
<b>Vegetables</b>	Sweetcorn, Peas 	Green Beans, Carrots 	Cauliflower, Seasonal Greens 	Mixed Vegetables, Sweetcorn 	Baked Beans, Peas 
<b>Sandwiches</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans
<b>Dessert</b>	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 Fruit*

**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 Three

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



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WEEK THREE	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pip's Planet-Friendly Option</b>	Quorn Sausage & Bean Loaded Hot Pockets  	Plant-based Mince & Lentil Cottage Pie 	Quorn Sausage, Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza & Garlic Bread 	Cheese & Onion Pastry Roll & Chips
<b>Option Two</b>	Homemade Macaroni Cheese	Barbeque Chicken & Sweetcorn Meatballs & Rice	Roast Chicken, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	Cod Fish Fingers & Chips
<b>Vegetables</b>	Sweetcorn, Peas 	Mixed Vegetables 	Seasonal Greens, Carrots 	Green Beans, Cauliflower 	Baked Beans, Peas  
<b>Sandwiches</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese Or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans
<b>Dessert</b>	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 Fruit*

## Allergy Menus – A Guide for Parents

Which children will require an alternative menu?

- ✓ Children with diagnosed food allergies or diagnosed food intolerances.
- ✓ Children with other medical conditions requiring an adapted menu, for example Type 1 Diabetes, PKU, Cystic Fibrosis, Ketogenic Diets, amongst others.
- ✗ Those with religious, cultural, or personal requirements/ preferences, can choose from the standard menu and do not need to complete a medical diet request form. This includes vegetarian, pescatarian, vegan and Halal requirements.

How to apply for an alternative menu

- Complete the online medical diet request form via the following link: <https://orders.lunchbound.co.uk/medicaldiets/request> (see page 3 for further information)
- Supply a recent photograph of your child.
- Provide medical evidence if required (see below).

Medical evidence – do I need it?

- ✗ You **do not** need to provide medical evidence if your child **only** needs to avoid any of the **top 14 allergens** (see box 1)

Medical evidence is needed for:

- ✓ Allergies to any food **not listed in the top 14 allergens** e.g. pea.
- ✓ A combination of the **top 14 allergens** and non-top 14 allergens e.g. gluten and pea
- ✓ Medical conditions requiring an adapted menu e.g. Type 1 Diabetes.


Written medical evidence must come from a dietitian, GP, or consultant. **No other medical evidence is permitted, including results from home analysis kits.**

Box 1 - The top 14 allergens

- Celery
- Crustacean
- Egg
- Fish
- Gluten (cereals containing wheat, barley, rye, kamut, spelt and oats)
- Lupin
- Milk
- Mollusc
- Mustard
- Peanut
- Sesame
- Soya
- Sulphur Dioxide/ Sulphites
- Tree Nut (almond, hazelnut, walnut, cashew, pecan nut, Brazil nut, pistachio nut, and macadamia nut)

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.

