

Dukesgate Primary Autumn Winter Menu 2023 – Week One

4 Sept, 25 Sept, 16 Oct, 13 Nov, 4 Dec, 1 Jan, 22 Jan, 12 Feb, 4 Mar, 25 Mar



WEEK ONE	PLANET GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pip's Planet Friendly Option	Mexican Bean & Roasted Vegetable Burrito 	Cheese & Tomato Pizza & Garlic Bread 	Filled Yorkshire Pudding with Plant-based Mince & Roast Potatoes	Cheese & Onion Pastry Roll & Skin on Baked Wedges	Pizza Whirl & Chips
Option Two	Homemade Macaroni Cheese	Chicken & Indian Lentil Tikka Masala Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Pork Sausage Roll & Skin on Baked Wedges	Cod Fish Fingers & Chips
Halal Option		Chicken & Indian Lentil Tikka Masala Curry & Rice 	Filled Yorkshire Pudding with Beef & Vegetable & Roast Potatoes	Cheese & Onion Pastry Roll & Skin on Baked Wedges	
Vegetables	Carrots, Sweetcorn 	Carrots, Cauliflower 	Carrots, Savoy Cabbage 	Cauliflower, Sweetcorn 	Baked Beans, Sweetcorn 
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, Salmon Mayonnaise, 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, Fresh Bread, Fresh Fruit & Yoghurt

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.



Dukesgate Primary Autumn Winter Menu 2023 – Week Two

11 Sept, 2 Oct, 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
Pip's Planet Friendly Option	Loaded Cheesy Bean Hot Pitta Parcel 	Plant-based Bolognese Pasta with Lentils, Peppers & Basil 	Filled Yorkshire Pudding with Plant-based Mince & Roast Potatoes	Homemade Macaroni Cheese	Cheese & Onion Pastry Roll & Chips
Option Two	Homemade Cheese & Tomato Pizza & Garlic Bread 	Hearty Pasta Bolognese with Peppers 	Filled Yorkshire Pudding with Beef & Vegetable Mince & Roast Potatoes	Mexican Style Chicken, Bean & Sweetcorn Burrito 	Cod Fish Fingers & Chips
Halal Option		Hearty Pasta Bolognese with Peppers 	Filled Yorkshire Pudding with Beef & Vegetable & Roast Potatoes	Mexican Style Chicken, Bean & Sweetcorn Burrito 	
Vegetables	Sweetcorn, Carrots 	Cauliflower, Carrots 	Cauliflower, Savoy Cabbage 	Carrots, Sweetcorn 	Baked Beans, Sweetcorn 
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
Dessert	Apple & Sultana Crumble Bar 	Homemade Lemon Cake & Custard	Banana Cake & Fruit Slices 	Chocolate Cookie	Fruity Strawberry Jelly

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

Portion(s) of fruit or veg 	Source of wholegrain 	Contains plant-based proteins 	50% fruit 	Oily fish 
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Dukesgate Primary Autumn Winter Menu 2023 – Week Three

18 Sept, 9 Oct, 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
Pip's Planet Friendly Option	Loaded Cheesy Bean Hot Pitta Parcel 	Plant-based Mince & Lentil Cottage Pie 	Filled Yorkshire Pudding with Plant-based Mince & Roast Potatoes	Homemade Cheese & Tomato Pizza & Garlic Bread 	Cheese & Onion Roll Pastry Roll & Chips
Option Two	Homemade Macaroni Cheese	Texas BBQ Chicken & Rice	Roast of the Day, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	Cod Fish Fingers & Chips
Halal Option		Texas BBQ Chicken & Rice	Roast Chicken, Roast Potatoes & Gravy	Beef Mince Chilli & Rice 	
Vegetables	Sweetcorn, Carrots 	Carrots, Cauliflower 	Savoy Cabbage, Carrots 	Carrots, Cauliflower 	Baked Beans, Sweetcorn 
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
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, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg 

Source of wholegrain 

Contains plant-based proteins 

50% fruit 

Oily fish 

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