



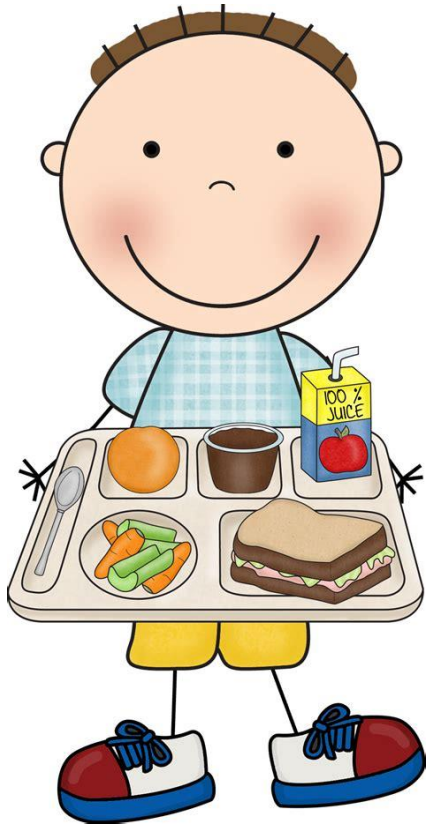
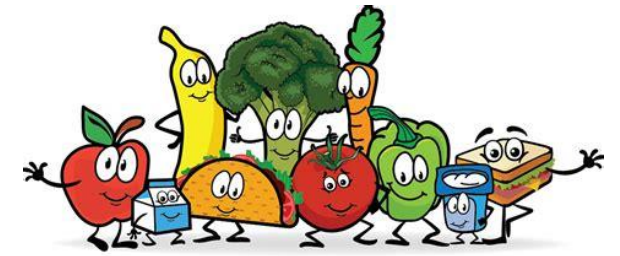
School Meals at Harlow Green

2023-2024

Growing happy, healthy and successful, together.



Harlow Green's Three-Week Menu



Week 1 Dates:

- 4 September 2023
- 25 September 2023
- 16 October 2023
- 6 November 2023
- 27 November 2023
- 18 December 2023
- 8 January 2024
- 29 January 2024
- 19 February 2024
- 11 March 2024
- 1 April 2024
- 22 April 2024
- 13 May 2024
- 10 June 2024
- 1 July 2024

Week 2 Dates:

- 11 September 2023
- 2 October 2023
- 23 October 2023
- 13 November 2023
- 4 December 2023
- 25 December 2023
- 15 January 2024
- 5 February 2024
- 26 February 2024
- 18 March 2024
- 8 April 2024
- 29 April 2024
- 20 May 2024
- 17 June 2024
- 8 July 2024

Week 3 Dates:

- 18 September 2023
- 9 October 2023
- 30 October 2023
- 20 November 2023
- 12 December 2023
- 1 January 2024
- 22 January 2024
- 12 February 2024
- 4 March 2024
- 25 March 2024
- 15 April 2024
- 6 May 2024
- 27 May 2024
- 3 June 2024
- 24 June 2024
- 15 July 2024

As an alternative to the main hot meal ...



A jacket potato with either cheese, beans or tuna filling.



A selection of sandwiches and wraps with either ham, cheese or tuna fillings.

The salad bar is accessible for all school meals.



Week 1

Monday

*Cheese and tomato
pizza, pasta with beans
or peas & sweetcorn*



Week 1

Tuesday

*Pork sausage and
mashed potato with
mixed vegetables*

*Alternative:
Veggie sausage and mashed potato
with mixed vegetables*



Week 1

Wednesday

*Roast chicken dinner
with roast potatoes,
Yorkshire pudding,
broccoli and carrots*

Alternative:

*Quorn fillet dinner with roast potatoes,
Yorkshire pudding, broccoli and carrots*



Week 1

Thursday

Pork meatballs and potato wedges with mixed vegetables

*Alternative:
Veggie meatballs and potato wedges
with mixed vegetables*



Week 1

Friday

*Fish and chips
with peas or beans*

*Alternative:
Veggie fingers and chips
with peas or beans*



Week 2

Monday

*Folded pizza, pasta,
sweetcorn & peas
or beans*



Week 2

Tuesday

Pork mince pie, mashed potato and mixed vegetables

*Alternative:
Cheese and potato pasty, mashed potato and mixed vegetables*



Week 2

Wednesday

*Ham, roast potatoes,
cauliflower and carrots*

*Alternative:
Quorn fillet, roast potatoes,
cauliflower and carrots*



Week 2

Thursday

Chicken curry, rice, mixed vegetables and naan bread

*Alternative:
Veggie curry, rice, mixed vegetables
and naan bread*



Week 2

Friday

*Fish fingers and wedges
with peas or beans*

*Alternative:
Veggie fingers and wedges
with peas or beans*



Week 3

Monday

Cheese and tomato flatbread, pasta, beans or peas & sweetcorn



Week 3

Tuesday

Beef burger in a bun, potato wedges and sweetcorn

Alternative:

Veggie Quorn burger in a bun, potato wedges and sweetcorn



Week 3

Wednesday

Savory mince with Yorkshire pudding, mashed potato, broccoli, carrots and gravy

*Alternative:
Quorn mince, with Yorkshire pudding,
mashed potato, broccoli, carrots
and gravy*



Week 3

Thursday

*Chicken kofta kebab wrap,
rice and mixed vegetables
(optional salad)*

*Alternative:
Veggie wrap, rice, mixed vegetables
(optional salad)*



Week 3

Friday

*Fish fingers, seasoned
twisters and peas*

*Alternative:
Veggie fingers, seasoned twisters
and peas*

