




# WEEK 1 MENU


3<sup>rd</sup>, 24<sup>th</sup> November. 15<sup>th</sup> December.  
5<sup>th</sup>, 26<sup>th</sup> January. 16<sup>th</sup> February.  
9<sup>th</sup> March

## WEDNESDAY

Creamy Cheese Puff with Crispy Potatoes & Gravy 


Roast Gammon or Chicken with Crispy Potatoes, Yorkshire Pudding & Gravy 

Green Beans & Carrots 

Toffee Apple Crumble & Custard 

## MONDAY

Chilli Fajita with Paprika Wedges  



The Ultimate Chicken Burger with Paprika Wedges 

Sweetcorn & Broccoli 

Vanilla Ice Cream

## TUESDAY

Cheese & Tomato Panini with Wedges 

Chicken Keema Curry with Rice  


Peas & Coleslaw 

Orange Drizzle Cake

## THURSDAY



BBQ Strips with Wedges 

Margherita Pizza with Wedges 

Sweetcorn & Mixed Salad 

Pear & Berry Sponge 

## FRIDAY

Delicious Quorn Dippers & Chips 

Battered Fish & Chips

Peas & Baked Beans 

Chocolate Puffed Rice Cake



Low carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at [www.eatcoolfood.org](http://www.eatcoolfood.org)

Menu Key:



Plant Based



Vegetarian



1 of your 5 a day



Boosted



Low Carbon



Halal



Feeding Hungry Minds







# WEEK 2 MENU

10<sup>th</sup> November. 1<sup>st</sup> December.  
12<sup>th</sup> January. 2<sup>nd</sup> 23<sup>rd</sup> February.  
16<sup>th</sup> March

## WEDNESDAY

- Cheesy Veggie Bake with Crispy Potatoes & Gravy 
- Roast Chicken with Crispy Potatoes, Yorkshire Pudding & Gravy 
- Roast Root Veggies & Herby Green Beans 
- Chocolate Shortbread 

## MONDAY







- Sausage with Mashed Potato & Gravy 
- Pork or Chicken Sausage with Mashed Potato & Gravy 
- Peas & Carrots 
- Apple & Berry Crumble with Custard 

## TUESDAY

- Quorn Burger with Wedges 
- Beef Penne Bolognese with Garlic & Herb Bread  
- Roasted Mediterranean Veggie & Sweetcorn 
- Vanilla Sponge

## THURSDAY



- Rainbow Veggie Chilli with Rice   
- Pizza Baguette with Garlic & Herb Wedges 
- Sweetcorn & Broccoli 
- Pineapple Upside Down Cake 

## FRIDAY

- Golden-Baked Tomato Pasta 
- Fish Fingers & Chips
- Peas & Baked Beans 
- Jelly



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Menu Key:

-  Plant Based
-  Vegetarian
-  1 of your 5 a day
-  Boosted
-  Low Carbon
-  Halal







# WEEK 3 MENU


17<sup>th</sup> November. 8<sup>th</sup> December. 19<sup>th</sup> January. 9<sup>th</sup> February. 2<sup>nd</sup>, 23<sup>rd</sup> March

## WEDNESDAY


Veggie Sausage with Crispy Potatoes, Yorkshire Pudding & Gravy 

Roast Pork or Chicken with Crispy Potatoes, Yorkshire Pudding & Gravy 



Carrots & Cabbage 

Eve's Pudding 

## MONDAY

Cajun Mayo Hot Dog & Wedges 



Italian-Style Chicken Meatballs with Rich Tomato Pasta 

Roasted Mediterranean Veggie & Green Beans   
Peach Crumble with Custard 

## TUESDAY


Cheesy Baked Bean Wrap with Wedges 

Chicken Korma with Rice 

Honey & Soy Glazed Broccoli & Sweetcorn   
Chocolate Orange Brownie 

## THURSDAY




Chinese Fried Rice 

Margherita Pizza with Cajun Wedges 


Sweetcorn & Red Cabbage Slaw 

Oat Cookie

## FRIDAY

Planet-Friendly Penne Bolognese   

Fish Fingers & Chips

Mushy Peas & Baked Beans 

Tiffin



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Menu Key:



Plant Based



Vegetarian



1 of your 5 a day



Boosted



Low Carbon



Halal



Feeding Hungry Minds