# WEEK I 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 &

Roast Gammon or Chicken with Crispy Potatoes, Yorkshire Pudding & Gravy (1)

Green Beans & Carrots 1

Toffee Apple Crumble & Custard 🎁

# MONDAY

Chilli Fajita with Paprika Wedges



The Ultimate Chicken Burger with Paprika Wedges



Sweetcorn & Broccoli



Vanilla Ice Cream

THURSDAY

Margherita Pizza with Wedges

**BBQ Strips with Wedges** 

# **TUESDAY**

Cheese & Tomato Panini with Wedges



Chicken Keema Curry with Rice



Peas & Coleslaw 📫



Orange Drizzle Cake

## **FRIDAY**

Delicious Quorn Dippers & Chips



Battered Fish & Chips

Peas & Baked Beans 1



Chocolate Puffed Rice Cake

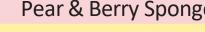
Gravy 💎





Pear & Berry Sponge

Sweetcorn & Mixed Salad 1

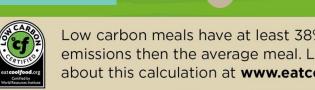


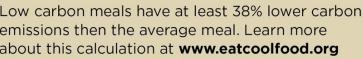












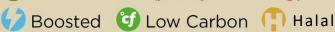


Menu

Key:

















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 **⊘ cf (**∕**)** 

Pizza Baguette with Garlic & Herb Wedges

Sweetcorn & Broccoli 📫

Pineapple Upside Down Cake 📫

# FRIDAY

Golden-Baked Tomato Pasta



Fish Fingers & Chips

Peas & Baked Beans 前



Jelly



















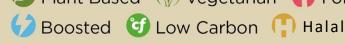






Low carbon meals have at least 38% lower carbon emissions then the average meal. Learn more about this calculation at www.eatcoolfood.org











# WEEK 3 MENU

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

# WEDNESDAY

Veggie Sausage with Crispy Potatoes, Yorkshire Pudding & Gravy 💮

Roast Pork or Chicken with Crispy

Carrots & Cabbage (1)

## 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



Potatoes, Yorkshire Pudding & Gravy (1)

Eve's Pudding



# 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











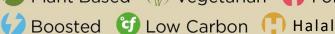


















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