

WEEK 1 MENU

03/11 – 24/11 – 15/12

05/01 – 26/01 – 09/03

MONDAY

Chilli Fajita with Paprika Wedges



TUESDAY

Cheese & Tomato Panini with Wedges



The Ultimate Chicken Burger with Paprika Wedges



Chicken Keema Curry with Rice



Sweetcorn & Broccoli



Peas & Coleslaw



Yoghurt & Fresh Fruit

Yoghurt & Fresh Fruit

WEDNESDAY

Creamy Cheese Puff with Crispy Potatoes & Gravy



Roast Chicken with Crispy Potatoes, Yorkshire Pudding & Gravy



Green Beans & Carrots



Cheese & Crackers



THURSDAY

BBQ Strips with Wedges



Margherita Pizza with Wedges



Sweetcorn & Mixed Salad



Yoghurt & Fresh Fruit



FRIDAY

Delicious Quorn Dippers & Chips



Battered Fish & Chips

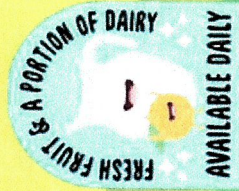
Peas & Baked Beans



Chocolate Puffed Rice Cake



LOOK OUT FOR
CHEF'S SPECIAL



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



Menu Key:
Plant Based Vegetarian 1 of your 5 a day
Boosted Low Carbon Halal



Feeding Hungry Minds

WEEK 2 MENU

10/11 – 01/12 – 12/01 – 02/02 – 23/02 – 16/03

MONDAY

Plant Power Sausage with Mashed Potato & Gravy

Chicken Sausage with Mashed Potato & Gravy

Peas & Carrots

Yoghurt & Fresh Fruit

TUESDAY

Scrumptious Quorn Burger with Wedges

Beef Penne Bolognese with Garlic & Herb Bread

Roasted Mediterranean Veggie & Sweetcorn

Yoghurt & Fresh Fruit

FRIDAY

Golden-Baked Tomato Pasta

Fish Fingers & Chips

Peas & Baked Beans

Jelly

THURSDAY

Rainbow Veggie Chilli with Rice

Pizza Baguette with Garlic & Herb Wedges

Sweetcorn & Broccoli

Yoghurt & Fresh Fruit

WEDNESDAY

Cheesy Veggie Bake with Crispy Potatoes & Gravy

Roast Chicken with Crispy Potatoes, Yorkshire Pudding & Gravy

Roast Root Veggies & Herby Green Beans

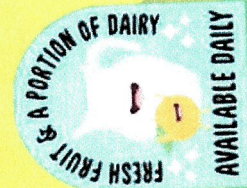
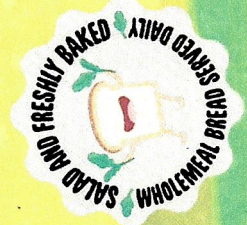
Cheese & Crackers



LOOK OUT FOR
CHEF'S SPECIAL



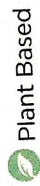
JACKET POTATO, PASTA
& SANDWICHES



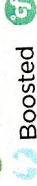
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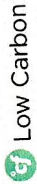
Menu Key:



Plant Based



Boosted



Low Carbon



Vegetarian

1 of your 5 a day



Halal

Feeding Hungry Minds

WEEK 3 MENU

MONDAY

Cajun Mayo Hot Dog & Wedges

Cheesy Baked Bean Wrap with Wedges

Italian-Style Chicken Meatballs with Rich Tomato Pasta

Chicken Korma with Rice

17/11 – 08/12 – 19/01

09/02 – 02/03 – 23/03

Roasted Mediterranean Veggie & Green Beans
Yoghurt & Fresh Fruit

Honey & Soy Glazed Broccoli & Sweetcorn
Yoghurt & Fresh Fruit

WEDNESDAY

Veggie Sausage with Crispy Potatoes, Yorkshire Pudding & Gravy

Roast Chicken with Crispy Potatoes, Yorkshire Pudding & Gravy

Carrots & Cabbage

Cheese & Crackers

THURSDAY

Chinese Fried Rice

Margherita Pizza with Cajun Wedges

Sweetcorn & Red Cabbage Slaw

Yoghurt & Fresh Fruit

FRIDAY

Planet-Friendly Penne Bolognese

Fish Fingers & Chips

Mushy Peas & Baked Beans

Tiffin

LOOK OUT FOR
CHEF'S SPECIAL

JACKET POTATO, PASTA
& SANDWICHES

SALAD AND FRESHLY BAKED
WHOLEMEAL BREAD DAILY

FRESH FRUIT & A PORTION OF DAIRY
AVAILABLE DAILY



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Menu
Key:

Plant Based

Vegetarian

1 of your 5 a day

Boosted

Low Carbon

Halal

Feeding a Hungry World