

WEEK 1 MENU

13/04, 04/05,
15/06, 06/07,
07/09, 28/09,
19/10,

WEDNESDAY

- Mexican Rice Wrap 
- Roast Chicken with Crispy Potatoes, Yorkshire Pudding & Gravy 
- White Cabbage & Carrots 
- Cheese & Crackers 



MONDAY

- Veggie Chilli Fajita with Rice 
- Roasted Mediterranean Vegetable & Tomato Pasta Bake with Homemade Garlic Bread
- Broccoli & Cauliflower 
- Yoghurt & Fresh Fruit

TUESDAY

- Quorn Sausage, Crushed Potatoes with Gravy 
- Chicken Sausage, Crushed Potatoes with Gravy   Gravy
- Vegetable Medley 
- Yoghurt & Fresh Fruit 

THURSDAY

- Cheese & Pineapple Pizza with Wedges
- Piri Piri Chicken Pizza with Wedges 
- Sweetcorn & Green Bean Slaw 
- Yoghurt & Fresh Fruit 

FRIDAY

- Cheese & Tomato Puff Squares & Chips
- Fish Fingers & Chips
- Peas & Baked Beans 
- Jam Tart & Custard



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
-  Boosted
-  Low Carbon
-  Halal
-  1 of your 5 a day



WEEK 2 MENU

20/04, 11/05,
01/06, 22/06,
13/07, 14/09,
05/10

WEDNESDAY

- Cheese & Tomato Galette 
- Chicken Fricassee & Penne Pasta 
- Sliced Carrots & Sweetcorn 
- Cheese & Crackers



MONDAY

- Vegetable & Mixed Bean Burrito with Fusilli Pasta 
- Honey & Ginger Veggie Strips with Fusilli Pasta or Rice 
- Steamed Greens & Sweetcorn 
- Yoghurt & Fresh Fruit 

TUESDAY

- Veggie Stir Fry & Egg Noodles 
- Beef or Chicken Burger with Cajun Potato Wedges 
- Red Cabbage Coleslaw & Cauliflower 
- Yoghurt & Fresh Fruit

THURSDAY

- Margherita Pizza & Garlic & Herb Wedges 
- Meat Feast Pizza with Garlic & Herb Wedges
- Green Bean & Carrot Batons 
- Yoghurt & Fresh Fruit 

FRIDAY

- Sweet Potato & Pepper Frittata 
- Fish Fingers & Chips
- Peas & Baked Beans 
- Vanilla Ice Cream



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



WEEK 3 MENU

27/04, 18/05,
08/06, 29/06,
31/08, 21/09,
12/10



WEDNESDAY

Chinese Vegetable Fried Rice



Roast Lamb with Crispy Potatoes, Yorkshire Pudding & Gravy



Carrot Batons & Cabbage



Cheese & Crackers



MONDAY

Meatballs in Tomato Sauce with Penne Pasta



Cheese, Tomato & Basil Pasta Bake



Roasted Mediterranean Veggie & Green Beans



Yoghurt & Fresh Fruit



THURSDAY

Margherita Pizza with Garlic & Paprika Wedges



BBQ Chicken Pizza with Garlic & Paprika Wedges



Herby Green Beans & Cauliflower



Yoghurt & Fresh Fruit

TUESDAY

Macaroni Cheese



Chilli Chicken with Rice



Mexican Sweetcorn & Roasted Courgette



Yoghurt & Fresh Fruit



FRIDAY

Roasted Quorn Vegan Strips & Chips

Fish Fingers & Chips

Peas & Baked Beans



Orange & Cherry Muffin



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Menu Key:



Feeding Hungry Minds