



# 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  


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

PLATES FOR  
OUR PLANET

FRESH FRUIT & A PORTION OF DAIRY  
AVAILABLE DAILY

SALAD AND FRESHLY BAKED  
WHOLEMEAL BREAD SERVED DAILY

LOOK OUT FOR  
CHEF'S SPECIAL  
JACKET POTATO, PASTA  
& SANDWICHES



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

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



## THURSDAY

Margherita Pizza & Garlic & Herb Wedges



Meat Feast Pizza with Garlic & Herb Wedges

Green Bean & Carrot Batons



Yoghurt & Fresh Fruit



## TUESDAY

Veggie Stir Fry & Egg Noodles



Beef or Chicken Burger with Cajun Potato Wedges



Red Cabbage Coleslaw & Cauliflower



Yoghurt & Fresh Fruit

## FRIDAY

Sweet Potato & Pepper Frittata



Fish Fingers & Chips

Peas & Baked Beans



Vanilla Ice Cream



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Menu Key:



Plant Based



Vegetarian



1 of your 5 a day



Boosted



Low Carbon



Halal



Feeding Hungry Minds



# 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



## TUESDAY

Macaroni Cheese



Chilli Chicken with Rice



Mexican Sweetcorn & Roasted Courgette



Yoghurt & Fresh Fruit



## THURSDAY

Margherita Pizza with Garlic & Paprika  
Wedges



BBQ Chicken Pizza with Garlic & Paprika  
Wedges



Herby Green Beans & Cauliflower



Yoghurt & Fresh Fruit

## FRIDAY

Roasted Quorn Vegan Strips & Chips

Fish Fingers & Chips

Peas & Baked Beans



Orange & Cherry Muffin



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Menu  
Key:



Plant Based



Vegetarian



1 of your 5 a day



Boosted



Low Carbon



Halal



Feeding Hungry Minds