

WEEK 1 MENU

3rd November
24th November
15th December
5th January
26th January
9th March



MONDAY

Margherita Pizza with Cajun Wedges



Cheesy Bean Puff served
with Cajun Wedges



Sweetcorn & Roasted Courgettes



Frozen Strawberry Yoghurt



TUESDAY

Rainbow Chilli with Rice



Beef Chilli Con Carne with Rice



Jacket Potato with a Variety of Fillings

Peas & Cauliflower



Pear & Berry Sponge



WEDNESDAY

Quorn Burger with Roast Potatoes,
Yorkshire Pudding & Gravy



Roast Gammon with Roast Potatoes,
Yorkshire Pudding & Gravy

Green Beans & Carrots



Yoghurt Bar with Delicious Toppings



THURSDAY

Super Stir Fry with Egg Noodles



Singapore Chicken Noodles

Jacket Potato with a Variety of Fillings

Sweetcorn & Spiced Broccoli



Toffee Apple Crumble & Custard



FRIDAY

Delicious Dippers with Chips
and Tomato Ketchup



Salmon or White Fish Fingers with Chips
and Tomato Ketchup

Peas & Baked Beans



Chocolate Rice Crispie Cake



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



Feeding Hungry Minds

WEEK 2 MENU

10th November
1st December
12th January
2nd February
23rd February
16th March



MONDAY

Chilli Fajita with Garlic & Herb Wedges



Sweetcorn Pizza with Garlic & Herb Wedges



Broccoli & Coleslaw



Yoghurt Bar with Delicious Toppings



TUESDAY

Planet Friendly Sausage with Mash & Gravy



Pork Sausage with Mash & Gravy

Jacket Potato with a Variety of Fillings

Roasted Mediterranean Veggies & Sweetcorn



Pineapple Upside Down Cake



WEDNESDAY

Smoky BBQ Strips with Roast Potatoes & Gravy



Roast Chicken with Roast Potatoes & Gravy

Peas & Carrots



Chocolate Shortbread



THURSDAY

Roasted Veggie Lasagne with Tomato Focaccia



Beef Lasagne with Tomato Focaccia



Jacket Potato with a Variety of Fillings

Green Beans & Roast Root Vegetables



Orange Jelly with Mandarins



FRIDAY

Sweet Potato, Pepper & Coconut Curry with Rice



Battered Fish or Fish Fingers with Chips & Tomato Ketchup

Peas & Baked Beans



Oaty Apple & Berry Crumble with Custard



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1 of your 5 a day



Boosted



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Feeding Hungry Minds

WEEK 3 MENU

17th November
8th December
19th January
9th February
2nd March
23rd March



MONDAY

Thai-Style Red Curry & Wholegrain Rice



Roast Pepper Pizza with Paprika Wedges



Sweetcorn & Red Cabbage Slaw



Carrot Cake



TUESDAY

Chinese Rainbow Fried Rice



Chicken Tarka Dhal with Rice

Jacket Potato with a Variety of Fillings

Broccoli & Peas



Oat Dream Cookie



WEDNESDAY

Golden Mac & Cheese with
Roasted Squash & Garlic Bread



Roast Pork with Roast Potatoes & Gravy

Carrots & Herby Green Beans



Strawberry Jelly with Peaches



THURSDAY

Plant Power Bolognese with Penne Pasta
and Garlic & Herb Bread



Beef Bolognese with Penne Pasta
and Garlic & Herb Bread

Jacket Potato with a Variety of Fillings

Mediterranean Vegetables & Sweetcorn



Eve's Pudding with Custard



FRIDAY

Cheese and Onion Flan with Chips



Fish Fingers with Chips
& Tomato Ketchup

Peas & Baked Beans



Lemon & Courgette Muffin



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Boosted



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