

# WEEK 1 MENU

3<sup>rd</sup> November  
24<sup>th</sup> November  
15<sup>th</sup> December  
5<sup>th</sup> January  
26<sup>th</sup> January  
9<sup>th</sup> March



## MONDAY

Margherita Pizza with Cajun Wedges



Cheesy Bean Puff served with Cajun Wedges



Sweetcorn & Roasted Courgettes



Cheese & Crackers and Fresh Fruit



## TUESDAY

Rainbow Chilli with Rice



Beef Chilli Con Carne with Rice



Jacket Potato with a Variety of Fillings

Peas & Cauliflower



Yoghurt & Fresh Fruit



## WEDNESDAY

Quorn Burger with Roast Potatoes, Yorkshire Pudding & Gravy



Roast Gammon with Roast Potatoes, Yorkshire Pudding & Gravy

Green Beans & Carrots



Cheese & Crackers and Fresh Fruit



## THURSDAY

Super Stir Fry with Egg Noodles



Singapore Chicken Noodles

Jacket Potato with a Variety of Fillings

Sweetcorn & Spiced Broccoli



Yoghurt & Fresh Fruit



## FRIDAY

Delicious Dippers with Chips and Tomato Ketchup



Salmon or White Fish Fingers with Chips and Tomato Ketchup

Peas & Baked Beans



Lemon & Courgette Muffin



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



Feeding Hungry Minds

# WEEK 2 MENU

10<sup>th</sup> November  
 1<sup>st</sup> December  
 12<sup>th</sup> January  
 2<sup>nd</sup> February  
 23<sup>rd</sup> February  
 16<sup>th</sup> March






## MONDAY

- Chilli Fajita with Garlic & Herb Wedges  
- Sweetcorn Pizza with Garlic & Herb Wedges 
- Broccoli & Coleslaw 
- Cheese & Crackers and Fresh Fruit 








## TUESDAY

- Planet Friendly Sausage with Mash & Gravy 
- Pork Sausage with Mash & Gravy
- Jacket Potato with a Variety of Fillings
- Roasted Mediterranean Veggies & Sweetcorn 
- Yoghurt & Fresh Fruit 








## WEDNESDAY

- Smoky BBQ Strips with Roast Potatoes & Gravy 
- Roast Chicken with Roast Potatoes & Gravy
- Peas & Carrots 
- Cheese & Crackers and Fresh Fruit 

## THURSDAY

- Roasted Veggie Lasagne with Tomato Focaccia   
- Beef Lasagne with Tomato Focaccia  
- Jacket Potato with a Variety of Fillings
- Green Beans & Roast Root Vegetables 
- Yoghurt & Fresh Fruit 

## 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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**Menu Key:**

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



Feeding Hungry Minds

# WEEK 3 MENU

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



## MONDAY

Thai-Style Red Curry & Wholegrain Rice



Roast Pepper Pizza with Paprika Wedges



Sweetcorn & Red Cabbage Slaw



Cheese & Crackers and Fresh Fruit



## TUESDAY

Chinese Rainbow Fried Rice



Chicken Tarka Dhal with Rice

Jacket Potato with a Variety of Fillings

Broccoli & Peas



Yoghurt & Fresh Fruit



## WEDNESDAY

Golden Mac & Cheese with

Roasted Squash & Garlic Bread



Roast Chicken with Roast Potatoes & Gravy

Carrots & Herby Green Beans



Cheese & Crackers and Fresh Fruit



## 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



Yoghurt & Fresh Fruit



## FRIDAY

Cheese and Onion Flan with Chips



Fish Fingers with Chips

& Tomato Ketchup

Peas & Baked Beans



Chocolate Rice Crispie Cake



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**Menu Key:**



Plant Based



Vegetarian



1 of your 5 a day



Boosted



Low Carbon



Feeding Hungry Minds