

WEEK 1 MENU

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



MONDAY

Super Stir Fry with Egg Noodles



Quorn Burger with BBQ Relish with Garlic & Herb Wedges



Sweetcorn & Soy Wilted Greens



Fresh Fruit & Yoghurt



TUESDAY

Rainbow Chilli with Mexican Rice



Lamb Chilli Con Carne with Mexican Rice



Peas & Roasted Root Veg



Fresh Fruit & Yoghurt



WEDNESDAY

Creamy Cheese Puff with Mash & Gravy



Roast Chicken with Mash & Gravy



Roast Parsnip & Carrots



Yoghurt Bar with Tasty Toppings



THURSDAY

Homemade Margherita Pizza with Sweet Potato Wedges



Homemade BBQ Chicken Pizza with Sweet Potato Wedges



Sweetcorn & Paprika Spiced Broccoli



Frozen Strawberry Yoghurt



FRIDAY

Delicious Dippers & Chips with Tomato Ketchup



Salmon or White Fish Fingers & Chips With Tomato Ketchup

Peas & Baked Beans



Toffee Apple Crumble & 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



1 of your 5 a day



Boosted



Low Carbon



Halal







Feeding Hungry Minds

WEEK 2 MENU

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


PLATES FOR
OUR PLANET

MONDAY

Sweet Potato, Pepper & Coconut Curry
with Rice    


Chilli Fajita with Garlic & Herb Wedges
 

Peas & Sweetcorn 

Fresh Fruit & Yoghurt 

TUESDAY


Planet Friendly Sausage with Mash & Gravy


Chicken Sausage with Mash & Gravy



Broccoli & Roasted Mediterranean Veggies 


Yoghurt Bar with Tasty Toppings 

WEDNESDAY


Piri Piri Veggie Strips with Crispy Potatoes &
Gravy 

Roast Chicken with Crispy Potatoes & Gravy


Green Beans & Swede and Carrot Mash 



Forest Fruit Baked Rice Pudding 

THURSDAY

Mac & Cheese with Roasted Squash &
Garlic Bread 

Singapore Chicken Noodles


Cauliflower & Winter Slaw 



Strawberry Jelly with Peach  

FRIDAY

Cheese & Tomato Puff Square


Battered Fish or Fish Fingers & Chips
and Tomato Ketchup

Peas & Baked Beans 

Oaty Apple & Berry Crumble with Custard  



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Feeding Hungry Minds

WEEK 3 MENU

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

PLATES FOR
OUR PLANET

MONDAY

Chinese Rainbow Fried Rice



Homemade Margherita Pizza with Herby Wedges



Sweetcorn & Red Cabbage Slaw



Fresh Fruit & Yoghurt



TUESDAY

Plant Power Thai Curry with Pilau Rice



Chicken Curry with Pilau Rice



Broccoli & Peas



Fresh Fruit & Yoghurt



WEDNESDAY

Cheese, Leek & Onion Pasty



Roast Chicken with Crispy Potatoes & Gravy



Carrots & Herby Green Beans



Jelly & Mandarin



THURSDAY

Mighty Veggie Penne Bolognese with Garlic & Herb Bread



Lamb Penne Bolognese with Garlic & Herb Bread



Mediterranean Vegetables & Sweetcorn



Fresh Fruit & Yoghurt



FRIDAY

Mexican Style Mixed Bean Burrito & Chips



Fish Fingers & Chips and Tomato Ketchup

Peas & Baked Beans



Lemon & Courgette Muffin



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