



WEEK 1 MENU

Weeks commencing:
 13th April 4th May
 15th June 6th July
 7th September 28th September
 19th October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Smoky BBQ Protein Bites with Herb Couscous BBQ sauce coated veggie protein pieces served with herb couscous.</p> <p> </p>	<p>Scrumptious Mac & Cheese topped with Mediterranean Veggies served with Tomato Focaccia Bread</p> <p></p>	<p>Bouncy Bean Enchillada with Golden Roasted Potatoes & Gravy Pepper and mixed bean enchillada with roasted potatoes and gravy.</p> <p> </p>	<p>Homemade Margherita Pizza with Cajun Potato Wedges</p> <p></p>	<p>Golden Nuggets with Chips & Ketchup Quorn dippers served with chips & tomato ketchup.</p> <p></p>
<p>Green Earth Curry with Fluffy Rice Low-carbon veggie curry with rice.</p> <p> </p>	<p>Chicken Tikka Masala with Fluffy Rice</p> <p> </p>	<p>Roast Chicken with Golden Roasted Potatoes & Gravy</p> <p></p>	<p>Homemade Meat Feast Pizza with Cajun Potato Wedges</p> <p></p>	<p>Salmon or White Fish Fingers with Chips & Ketchup</p>
<p>Sweetcorn & Roasted Courgette</p> <p></p>	<p>Peas & Red Cabbage Slaw</p> <p></p>	<p>Carrots & Herby Green Beans</p> <p></p>	<p>Mexican Sweetcorn & Broccoli</p> <p></p>	<p>Peas & Baked Beans</p> <p></p>
<p>Strawberry Frozen Yoghurt</p>	<p>Fresh Fruit and Yoghurt</p> <p></p>	<p>Orange Jelly & Mandarins</p> <p> </p>	<p>Fresh Fruit and Yoghurt</p> <p></p>	<p>Chocolate Shortbread</p> <p></p>

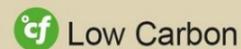
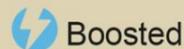
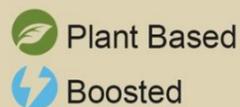


PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY
 Unless specified, all our desserts are vegetarian.



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:



Feeding Hungry Minds

WEEK 2 MENU

Weeks commencing:

20th April

1st June

13th July

5th October

11th May

22nd June

14th September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tarka Dhal with Coriander Rice Traditional Indian lentil dish served with coriander rice.</p> <p> </p>	<p>Chef's Special Pasta Bolognese with Garlic & Oregano Focaccia Low-carbon penne pasta with veggie packed bolognese sauce served with garlic & oregano focaccia bread.</p> <p>  </p>	<p>Garden Sausage with Mash & Gravy Quorn sausage served with mashed potato and gravy.</p> <p></p>	<p>Tangy Chilli Fajita with Fluffy Rice Low-carbon veggie chilli fajita served with rice.</p> <p>  </p>	<p>Plant-Power Curry with Pitta Bread Cauliflower, chickpea and potato curry served with pitta bread.</p> <p> </p>
<p>Chow Mein with Egg Noodles Chinese veggie stir fry with egg noodles.</p> <p> </p>	<p>Lamb Penne Bolognese with Garlic & Oregano Focaccia</p> <p>  </p>	<p>Chicken Sausage with Mash & Gravy</p> <p></p>	<p>Chicken Fajita with Mexican Rice</p> <p> </p>	<p>Fish Fingers with Chips & Ketchup</p>
<p>Broccoli & Coleslaw</p> <p></p>	<p>Sweetcorn & Red Cabbage Slaw</p> <p></p>	<p>Carrots & Peas</p> <p></p>	<p>Mediterranean Veggies & Green Beans</p> <p></p>	<p>Peas & Baked Beans</p> <p></p>
<p>Ice Cream with Peach & Forest Fruit Melba Sauce</p> <p></p>	<p>Fresh Fruit and Yoghurt</p> <p></p>	<p>Fresh Fruit and Yoghurt</p> <p></p>	<p>Fresh Fruit and Yoghurt</p> <p></p>	<p>Chocolate, Orange & Carrot Brownie</p>



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Menu Key:

-  Plant Based
-  Vegetarian
-  At least 1 of your 5 a day
-  Boosted
-  Low Carbon
-  Halal option available upon request



Feeding Hungry Minds

WEEK 3 MENU

Weeks commencing:

27th April

8th June

31st August

12th October

18th May

29th June

21st September



PLATES FOR
OUR PLANET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Planet-Friendly Chinese Rice Low-carbon Chinese vegetable rice.</p> <p> </p>	<p>Stir Fry & Egg Noodles Stir fried veggies with egg noodles.</p> <p> </p>	<p>Flaky Garden Plait with Golden Roasted Potatoes Butternut and vegetable puff pastry plait served with roasted potatoes.</p> <p> </p>	<p>Mighty Quorn Meatball Spaghetti in Rich Tomato Sauce</p> <p> </p>	<p>Homemade Margherita Pizza with Chips</p> <p></p>
<p>Pasta Power Bake Cheese and tomato penne pasta bake.</p> <p> </p>	<p>Singapore Chicken Noodles</p> <p> </p>	<p>Roast Chicken with Golden Roasted Potatoes & Gravy</p> <p></p>	<p>Chicken Meatball Spaghetti in Rich Tomato Sauce</p> <p></p>	<p>Fish Fingers with Chips & Ketchup</p>
<p>Mediterranean Veggies & Green Beans</p> <p></p>	<p>Sweetcorn & Broccoli</p> <p></p>	<p>Carrots & Cauliflower</p> <p></p>	<p>Sweetcorn & Coleslaw</p> <p></p>	<p>Peas & Baked Beans</p> <p></p>
<p>Fruit Ice Lolly</p> <p></p>	<p>Fresh Fruit and Yoghurt</p> <p></p>	<p>Strawberry Jelly</p> <p></p>	<p>Fresh Fruit Salad and Yoghurt</p> <p></p>	<p>Cinnamon Biscuit</p>

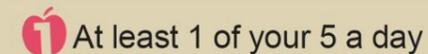
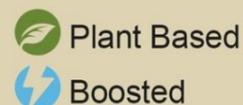


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