

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



Pear & Berry Sponge



TUESDAY

Rainbow Chilli with Mexican Rice



Lamb Chilli Con Carne with Mexican Rice



Peas & Roasted Root Veg



Chocolate Rice Krispie Cake



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

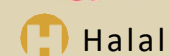
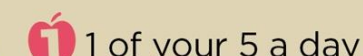


Toffee Apple Crumble & Custard



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:



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 

Chocolate Shortbread 

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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Menu
Key:



Plant Based



Vegetarian



1 of your 5 a day



Boosted



Low Carbon



Halal



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



Oat Dream Cookie



TUESDAY

Plant Power Thai Curry with Pilau Rice



Chicken Curry with Pilau Rice

Broccoli & Peas



Carrot Cake



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



Eve's Pudding with Custard



FRIDAY

Mexican Style Mixed Bean Burrito & Chips



Fish Fingers & Chips and Tomato Ketchup

Peas & Baked Beans



Lemon & Courgette Muffin



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Menu
Key:



Plant Based



Vegetarian



1 of your 5 a day



Boosted



Low Carbon



Halal



Feeding Hungry Minds