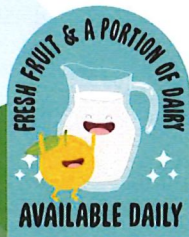


WEEK 1 MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cheese, Tomato & Basil Pasta Bake</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</p> <p>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</p> <p>Quorn dippers served with chips & tomato ketchup.</p> <p></p>
<p>Green Earth Curry with Fluffy Rice</p> <p>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>Homemade Meat Feast Pizza with Cajun Potato Wedges</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>Orange Drizzle Cake</p>	<p>Orange Jelly & Mandarins</p> <p> </p>	<p>Chocolate Shortbread</p> <p></p>	<p>Apple Crumble & Custard</p> <p></p>

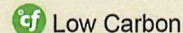
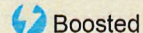
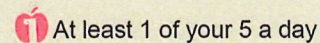
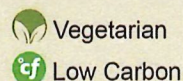
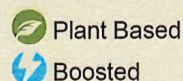


PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY
Unless specified, all our desserts are vegetarian.



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

11th May

1st June








22nd June

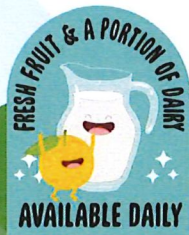
13th July

14th September

5th October



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>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>Cinnamon Palmier Swirl</p> <p></p>	<p>Lemon Shortbread</p> <p></p>	<p>Vanilla & Peach Sponge</p> <p></p>	<p>Chocolate, Orange & Carrot Brownie</p>



PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY

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Menu Key:



Plant Based



Boosted



Vegetarian



Low Carbon



At least 1 of your 5 a day



Feeding Hungry Minds

WEEK 3 MENU

Weeks commencing:

27th April

18th May

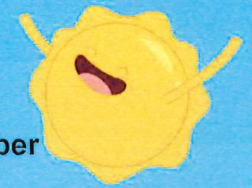
8th June

29th June
























31st August

21st September

12th October



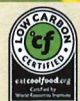
PLATES FOR
OUR PLANET

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>Chicken Meatball Spaghetti in Rich Tomato Sauce</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>Pear & Chocolate Sponge</p> <p></p>	<p>Strawberry Jelly</p> <p></p>	<p>Fresh Fruit Salad and Yoghurt</p> <p></p>	<p>Cinnamon Biscuit</p>



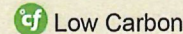
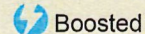
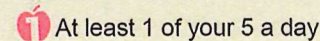
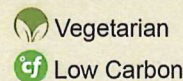
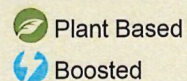
PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY

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Menu Key:



Feeding Hungry Minds