

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

Beef Chilli Con Carne with Mexican Rice

Peas & Roasted Root Veg

Chocolate Rice Krispie Cake

WEDNESDAY

Creamy Cheese Puff with Mash & Gravy

Roast Gammon 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



Feeding Hungry Minds

WEEK 2 MENU

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



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

Pork 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 & Garlic Bread

Singapore Chicken Noodles

Cauliflower & Winter Slaw

Strawberry Jelly with Peach

FRIDAY

Cheese & Tomato Puff Square

Battered Fish & 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



Feeding Hungry Minds

WEEK 3 MENU

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

PLATES FOR
OUR PLANET

MONDAY

Jacket Potato with Cheese & Beans



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 Crispy Potatoes & Gravy



Roast Pork with Crispy Potatoes & Gravy

Carrots & Herby Green Beans



Jelly & Mandarin



THURSDAY

Mighty Veggie Penne Bolognese with Garlic & Herb Bread



Beef 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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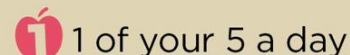
Menu Key:



Plant Based



Vegetarian



1 of your 5 a day



Boosted



Low Carbon



Feeding Hungry Minds