



# WEEK 1 MENU

Weeks commencing:  
13<sup>th</sup> April      4<sup>th</sup> May  
15<sup>th</sup> June      6<sup>th</sup> July  
7<sup>th</sup> September      28<sup>th</sup> September  
19<sup>th</sup> 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 &amp; Cheese topped with Mediterranean Veggies served with Tomato Focaccia Bread</p> <p></p>	<p>Bouncy Bean Enchillada with Golden Roasted Potatoes &amp; 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 &amp; Ketchup Quorn dippers served with chips &amp; 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 &amp; Gravy</p>	<p>Homemade Meat Feast Pizza with Cajun Potato Wedges</p>	<p>Salmon or White Fish Fingers with Chips &amp; Ketchup</p>
<p>Sweetcorn &amp; Roasted Courgette</p> <p></p>	<p>Peas &amp; Red Cabbage Slaw</p> <p></p>	<p>Carrots &amp; Herby Green Beans</p> <p></p>	<p>Mexican Sweetcorn &amp; Broccoli</p> <p></p>	<p>Peas &amp; Baked Beans</p> <p></p>
<p>Strawberry Frozen Yoghurt</p>	<p>Orange Drizzle Cake</p>	<p>Orange Jelly &amp; Mandarins</p> <p> </p>	<p>Chocolate Shortbread</p> <p></p>	<p>Apple Crumble &amp; 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](http://www.eatcoolfood.org)

**Menu Key:** Plant Based    Vegetarian    At least 1 of your 5 a day  
 Boosted    Low Carbon



Feeding Hungry Minds

# WEEK 2 MENU

Weeks commencing:

20<sup>th</sup> April

1<sup>st</sup> June

13<sup>th</sup> July


























5<sup>th</sup> October

11<sup>th</sup> May

22<sup>nd</sup> June

14<sup>th</sup> September



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



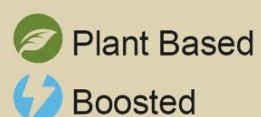
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**Menu Key:**



Feeding Hungry Minds

# WEEK 3 MENU

Weeks commencing:

27<sup>th</sup> April

8<sup>th</sup> June

31<sup>st</sup> August
























12<sup>th</sup> October

18<sup>th</sup> May

29<sup>th</sup> June

21<sup>st</sup> September



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



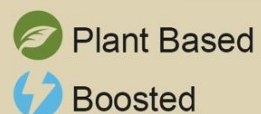
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