

# WEEK 1 MENU

3<sup>rd</sup> November  
24<sup>th</sup> November  
15<sup>th</sup> December  
5<sup>th</sup> January  
26<sup>th</sup> January  
9<sup>th</sup> March



## MONDAY

Stir Fry with Egg Noodles



Quorn Burger with BBQ Relish with Garlic & Herb Wedges



Sweetcorn & Soy Wilted Greens



Fresh Fruit & Yoghurt



## THURSDAY

Homemade Margherita Pizza with Sweet Potato Wedges



Chicken Fillet Burger with Potato Wedges



Sweetcorn & Paprika Spiced Broccoli



Fresh Fruit & Yoghurt



## TUESDAY

Quorn Meatballs in Tomato Sauce



Lamb Chilli Con Carne with Mexican Rice



Peas & Roasted Root Veg



Peaches & Yoghurt



## FRIDAY

Dippers & Chips with Tomato Ketchup



Salmon or White Fish Fingers & Chips With Tomato Ketchup

Peas & Baked Beans



Pear & Berry Sponge with Custard



# WEEK 2 MENU

10<sup>th</sup> November  
1<sup>st</sup> December  
12<sup>th</sup> January  
2<sup>nd</sup> February  
23<sup>rd</sup> February  
16<sup>th</sup> March



## MONDAY

Sweet Potato, Pepper & Coconut Curry with Rice



Quorn Sausage Hot Dog with Potato Wedges



Peas & Sweetcorn



Fresh Fruit & Yoghurt



## THURSDAY

Mac & Cheese with Roasted Squash & Garlic Bread



Singapore Chicken Noodles



Cauliflower & Winter Slaw



Fresh Fruit & Yoghurt



## TUESDAY

Vegetarian Sausage with Mash & Gravy



Chicken Sausage with Mash & Gravy



Broccoli & Roasted Mediterranean Veggies



Peaches & Yoghurt



## FRIDAY

Cheese & Tomato Puff Square



Battered Fish or Fish Fingers & Chips and Tomato Ketchup

Peas & Baked Beans



Chocolate Shortbread



# WEEK 3 MENU

17<sup>th</sup> November  
8<sup>th</sup> December  
19<sup>th</sup> January  
9<sup>th</sup> February  
2<sup>nd</sup> March  
23<sup>rd</sup> March



## MONDAY

Chinese Fried Rice



Margherita Pizza with Herby Wedges



Sweetcorn & Red Cabbage Slaw



Fresh Fruit & Yoghurt



## THURSDAY

Veggie Penne Bolognese with Garlic & Herb Bread



Lamb Penne Bolognese with Garlic & Herb Bread



Mediterranean Vegetables & Sweetcorn



Fresh Fruit & Yoghurt



## TUESDAY

Vegetarian Curry with Pilau Rice



Chicken Curry with Pilau Rice



Broccoli & Peas



Peaches & Mixed Fruit



## FRIDAY

Sweet Potato & Pepper Frittata



Fish Fingers & Chips and Tomato Ketchup

Peas & Baked Beans



Apple Crumble with Custard



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 1 of your 5 a day Boosted Low Carbon Halal

