



WEEK 1 MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Basil Pasta Bake 	Macaroni Cheese topped with Mediterranean Veggies served with Tomato Focaccia Bread 	Smoky BBQ Protein Bites with Golden Roast Potatoes BBQ sauce coated veggie protein pieces served with roast potatoes. 	Homemade Margherita Pizza with Cajun Potato Wedges 	Quorn Dippers with Chips & Ketchup
Vegetable Curry with Fluffy Rice Low-carbon veggie curry with rice. 	Chicken Tikka Masala with Fluffy Rice 	Roast Chicken with Golden Roasted Potatoes & Gravy 	Homemade Meat Feast Pizza with Cajun Potato Wedges 	Salmon or White Fish Fingers with Chips & Ketchup
Sweetcorn & Roasted Courgette 	Peas & Red Cabbage Slaw 	Carrots & Herby Green Beans 	Mexican Sweetcorn & Broccoli 	Peas & Baked Beans
Fruit Platter Yoghurt	Fruit Platter Yoghurt	Strawberry Jelly Fruit Platter Yoghurt	Fruit Platter Yoghurt	Strawberry Frozen Yoghurt Fruit Platter Yoghurt



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.eatcoolfod.org

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



Feeding Hungry Minds

WEEK 2 MENU

Weeks commencing:

20th April

1st June

13th July

5th October

11th May

22nd June

14th September



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>Quorn 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>Homemade Margherita Pizza with Chips</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></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>Fruit Platter </p> <p>Yoghurt</p>	<p>Fruit Platter </p> <p>Yoghurt</p>	<p>Strawberry Jelly </p> <p>Fruit Platter </p> <p>Yoghurt</p>	<p>Fruit Platter </p> <p>Yoghurt</p>	<p>Pear & Chocolate Sponge with Custard</p> <p>Fruit Platter </p> <p>Yoghurt</p>



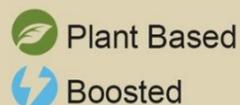
PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY

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Menu Key:



Feeding Hungry Minds

WEEK 3 MENU

Weeks commencing:

27th April

8th June

31st August

12th October

18th May

29th June

21st September



PLATES FOR
OUR PLANET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chinese Mixed Rice</p> <p>Low-carbon Chinese vegetable rice.</p>	<p>Stir Fry & Egg Noodles</p> <p>Stir fried veggies with egg noodles.</p>	<p>Butternut & Vegetable Puff Pastry Plait with Golden Roasted Potatoes</p>	<p>Mighty Quorn Meatball Spaghetti in Rich Tomato Sauce</p>	<p>Homemade Margherita Pizza with Chips</p>
<p>Cheese and Tomato Penne Pasta Bake</p>	<p>Singapore Chicken Noodles</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>Sweetcorn & Broccoli</p>	<p>Carrots & Cauliflower</p>	<p>Sweetcorn & Coleslaw</p>	<p>Peas & Baked Beans</p>
<p>Fruit Platter </p> <p>Yoghurt</p>	<p>Fruit Platter </p> <p>Yoghurt</p>	<p>Strawberry Jelly </p> <p>Fruit Platter </p> <p>Yoghurt</p>	<p>Fruit Platter </p> <p>Yoghurt</p>	<p>Fruit Ice Lolly </p> <p>Fruit Platter </p> <p>Yoghurt</p>

FRESH FRUIT & A PORTION OF DAIRY
AVAILABLE DAILY

SALAD AND FRESHLY BAKED
WHOLEMEAL BREAD SERVED DAILY

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
 Halal option available upon request



Feeding Hungry Minds