

WEEK 1 MENU

PLATES FOR
OUR PLANET

Weeks Commencing:
December 26
8th March 27

2nd November 26
4th January 27

23rd November 26
25th January 27

14th

MONDAY

Chef's Special Pasta
Bolognese
  

Three-Bean Chilli
& Rice
 

Sweetcorn &
White Cabbage


Fresh Fruit & Yoghurt


TUESDAY

Coconut Veggie Curry
with Coriander Rice &
Aromatic Potatoes
 

Chicken & Sweet Potato
Curry with Coriander Rice
& Aromatic Potatoes
 

Peas & Cumin Roast
Cauliflower


Fresh Fruit & Yoghurt


WEDNESDAY

Cauliflower & Broccoli
Cheese Bake with
Roast Potatoes
 

Chicken & Veggie Pie with
Roast Potatoes & Gravy
 

Carrots & Roasted
Courgettes


Strawberry Jelly &
Fruit
 

THURSDAY

Margherita Pizza with
Cajun Wedges


Piri Piri Chicken Pizza with
Cajun Wedges


Sweetcorn &
Mediterranean Veggies


Fresh Fruit & Yoghurt


FRIDAY

Quorn Dippers
with Chips


Salmon or White Fish
Fingers with Chips
& Ketchup

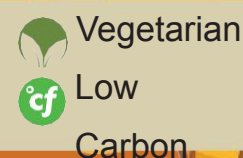
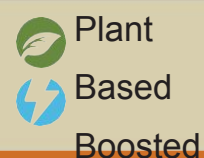
Peas &
Baked Beans


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:



Low
Carbon

 At least 1 of your 5 a day

 Halal option available upon request

WEEK 2 MENU

Woodlands
Primary
School

PLATES FOR
OUR PLANET

Weeks Commencing: 9th November 26
January 27
February 27

30th November 26
1st February 27

11th
22nd

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Plant Power Curry
with Rice
 

Creamy Macaroni Cheese
& Homemade Garlic Bread


Root Veg & Sage
Wellington, Potatoes
& Carrots
  

Cajun Quorn Burger
& Potato Wedges


BBQ Veggie Strips with
Spicy Rice
 

Yaki Noodles
 

Lamb or Beef Spaghetti
Bolognese & Homemade
Garlic Bread
 

Roast Chicken Fillet or
Thigh with Roast Potatoes
& Gravy


Grilled Chicken Katsu
Burger & Potato Wedges


Fish Fingers or Mini
Breaded Fish with
Chips & Ketchup

Sweetcorn & Roasted
Courgette


Carrots & Herby
Green Beans


Peas & Roast
Parsnip


Mexican Sweetcorn &
Roasted Butternut Squash


Baked Beans
& Peas


Fresh Fruit & Yoghurt


Fresh Fruit & Yoghurt


Fresh Fruit & Yoghurt

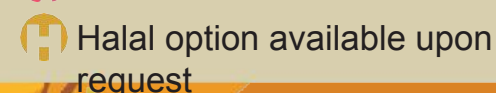
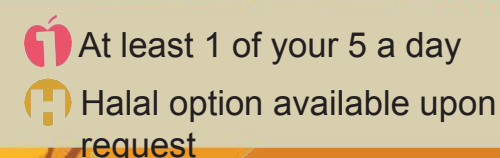

Fresh Fruit & Yoghurt


Gingerbread
Cookie



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Menu
Key:



WEEK 3 MENU

PLATES FOR
OUR PLANET

Weeks Commencing: 16th November 26
January 27
March 27

7th December 26
8th February 27

18th
1st

22nd March 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rainbow Stir Fry with Rice  	Sweet Potato, Pepper & Coconut Curry with Rice   	Shepherdess Pie & Gravy  	Sweetcorn Pizza with Garlic & Herb Wedges 	Cheese, Tomato & Basil Tart with Chips 
Cheese, Tomato & Basil Pasta Bake  	Chicken Keema Curry with Rice   	Cheesy Shepherd's Pie & Gravy 	BBQ Chicken Pizza with Garlic & Herb Wedges 	Fish Fingers with Chips & Ketchup
Sweetcorn & Soy Wilted Greens 	Aromatic Potatoes & Broccoli 	Roasted Root Veggies & Vegetable Medley 	Green Beans & Roasted Mediterranean Veggies 	Peas & Baked Beans 
Fresh Fruit & Yoghurt 	Fresh Fruit & Yoghurt 	Fresh Fruit & Yoghurt 	Fresh Fruit & Yoghurt 	Chocolate Tiffin



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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