WEEK 1 MENU

Week commencing:
13-Apr 04-May 25-May
15-Jun 06-Jul 27-Jul
17-Aug 07-Sep 28-Sep
19-Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veggie Vibe Fajita with Fluffy Rice Low-carbon veggie chilli fajita served with rice.	Garden Sausage with Crushed Potatoes & Gravy Quorn sausages served with crushed potatoes and gravy.	Mexican Rice Wrap Mexican rice wrap packed with garden veggies.	Hand-Stretched Margherita Pizza with Potato Wedges	Tomato & Herb Puff Square with Oven Baked Chips
Plant-Power Pasta Bake with Garlic Bread Roasted veggie and tomato pasta bake served with garlic infused bread.	Chicken Sausage with Crushed Potatoes & Gravy	Roast Chicken Breast with Golden Roasted Potatoes & Gravy	Hand-Stretched Piri Piri Chicken Pizza with Potato Wedges	Fish Fingers with Oven Baked Chips
Broccoli & Cauliflower	Veggie Medley	White Cabbage & Carrot Batons	Green Bean Slaw & Sweetcorn	Peas & Baked Beans
Frozen Mango Yoghurt	Fruit Salad or Yoghurt	Strawberry Jelly & Peaches	Cheese & Crackers	Ice Cream with Peach & Forest Fruit Melba Sauce

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
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**

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

Feeding Hungry Minds

WEEK 2 MENU

Week commencing:
20-Apr 11-May 01-Jun
22-Jun 13-Jul 03-Aug
24-Aug 14-Sep 05-Oct
26-Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bouncy Bean Burrito with Fusilli Pasta Veggie and mixed bean burrito served with fusilli pasta.	Stir Fry & Egg Noodles Stir fried veggies with egg noodles.	Tomato & Cheese Galette Flaky pastry crust filled with tomato and cheese.	Hand-Stretched Margherita Pizza with Garlic & Herb Wedges	Plant-Powered Frittata Sweet potato and pepper frittata.
Honey & Ginger Protein Bites with Fusilli Pasta Honey & ginger veggie protein pieces served with fusilli pasta.	Chicken Burger with Cajun Potato Wedges	Chicken Fricassee with Pasta or Rice Traditional French chicken stew served with pasta or rice.	Hand-Stretched Cajun Chicken & Sweetcorn Pizza with Garlic & Herb Wedges	Fish Fingers with Oven Baked Chips
Steamed Greens & Sweetcorn	Coleslaw & Cauliflower	Sliced Carrots & Sweetcorn	Green Beans & Carrot Batons	Peas & Baked Beans
Cheese & Crackers	Frozen Strawberry Yoghurt	Orange Jelly & Mandarins	Fruit Salad or Yoghurt	Apple & Banana Cake

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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Feeding Hungry Minds

WEEK 3 MENU

Week commencing:

27-Apr 18-May 08-Jun
29-Jun 20-Jul 10-Aug
31-Aug 21-Sep 12-Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mighty Quorn Meatball Pasta in Rich Tomato Sauce	Scrumptious Mac & Cheese with Mediterranean Focaccia Bread	Planet-Friendly Chinese Rice Low-carbon Chinese vegetable rice.	Hand-Stretched Margherita Pizza with Garlic & Paprika Wedges	Plant-Power Roast with Oven Baked Chips Roasted Quorn Vegan Strips served with oven baked chips.
Pasta Power Bake Cheese and tomato penne pasta bake.	Chicken Chilli Con Carne with Rice	Roast Chicken Breast with Golden Roasted Potatoes & Gravy	Hand-Stretched BBQ Chicken Pizza with Garlic & Paprika Wedges	Fish Fingers with Oven Baked Chips
Broccoli & Cauliflower	Mexican Sweetcorn & Roasted Courgettes	Green Cabbage & Carrot Batons	Herby Green Beans & Cauliflower	Peas & Baked Beans
Frozen Strawberry Yoghurt	Cheese & Crackers	Strawberry Jelly & Peaches	Fruit Salad or Yoghurt	Pear & Chocolate Sponge

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

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**

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

Feeding Hungry Minds