

# 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

Penne Pasta Carbonara



Quorn Meatballs in Tomato Sauce with Pasta



Sweetcorn & Soy Wilted Greens



Frozen Strawberry Yoghurt



## TUESDAY

Rainbow Chilli with Mexican Rice



Chicken & Sweetcorn Meatballs in Tomato Sauce with Rice



Peas & Roasted Root Veg



Oat Dream Cookie



## WEDNESDAY

Creamy Cheese Puff with Mash & Gravy



Roast Chicken with Mash & Gravy



Roast Parsnip & Carrots



Yoghurt Bar with Tasty Toppings



## THURSDAY

Margherita Pizza with Sweet Potato Wedges



Chicken Tarka Dhal with Rice



Sweetcorn & Paprika Spiced Broccoli



Pear & Berry Sponge



## FRIDAY

Cheese & Tomato Square with Chips



White or Salmon Fish Fingers & Chips With Tomato 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](http://www.eatcoolfood.org)

### Menu Key:



Halal & NON Halal available







Feeding Hungry Minds

# 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    


Veggie Bolognese with Penne Pasta  
 


Peas & Sweetcorn 


Yoghurt Bar with Tasty Toppings 

## TUESDAY


Planet Friendly Sausage with Mash & Gravy  


Chicken Sausage with Mash & Gravy  



Broccoli & Roasted Mediterranean Veggies 


Chocolate Shortbread 

## WEDNESDAY


Piri Piri Veggie Strips with Crispy Potatoes &  
Gravy 

Roast Chicken with Crispy Potatoes & Gravy


Green Beans & Swede and Carrot Mash 



Forest Fruit Baked Rice Pudding 

## THURSDAY


Mac & Cheese with Roasted Squash &  
Garlic Bread 

Singapore Chicken Noodles  



Cauliflower & Winter Slaw 



Strawberry Jelly with Peach  

## FRIDAY

Delicious Dippers & Chips  
with Tomato Ketchup 

Fish Fingers & Chips and Tomato Ketchup

Peas & Baked Beans 

Oaty Apple & Berry Crumble with Custard  



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**Menu Key:**

-  Plant Based
-  Vegetarian
-  1 of your 5 a day
-  Boosted
-  Low Carbon
-  Halal & NON Halal available



Feeding Hungry Minds

# 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

- Super Stir Fry with Egg Noodles  
- Chickpea & Butternut Rogan Josh with Rice  
- Sweetcorn & Red Cabbage Slaw 
- Chocolate Ice Cream 

## TUESDAY

- Plant Power Thai Curry with Pilau Rice 
- Chicken Curry with Pilau Rice 
- Broccoli & Peas 
- Carrot Cake 






## WEDNESDAY

- Cheese, Leek & Onion Pasty 
- Roast Chicken with Crispy Potatoes & Gravy 
- Carrots & Herby Green Beans 
- Jelly & Mandarin  

## THURSDAY

- Margarita Pizza with Herby Wedges 
- Lamb Penne Bolognese with Garlic & Herb Bread 
- Mediterranean Vegetables & Sweetcorn 
- Eve's Pudding with Custard  

## FRIDAY

- Mexican Style Mixed Bean Burrito & Chips   
- Fish Fingers & Chips and Tomato Ketchup
- Peas & Baked Beans 
- Mexican Chocolate Cake 



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**Menu Key:**  Plant Based  Vegetarian  1 of your 5 a day  Boosted  Low Carbon  Halal & NON Halal available



Feeding Hungry Minds