



WEEK 1 MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Smoky BBQ Protein Bites with Herb Couscous BBQ sauce coated veggie protein pieces served with herb couscous. 	Scrumptious Mac & Cheese topped with Mediterranean Veggies served with Tomato Focaccia Bread 	Bouncy Bean Enchillada with Golden Roasted Potatoes & Gravy Pepper and mixed bean enchillada with roasted potatoes and gravy. 	Homemade Margherita Pizza with Cajun Potato Wedges 	Golden Nuggets with Chips & Ketchup Quorn dippers served with chips & tomato ketchup.
Green Earth 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
Strawberry Frozen Yoghurt	Fresh Fruit and Yoghurt 	Orange Jelly & Mandarins 	Chocolate Shortbread 	Orange Drizzle Cake



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

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>Garden 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>Plant-Power Curry with Pitta Bread Cauliflower, chickpea and potato curry served with pitta bread.</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>Ice Cream with Peach & Forest Fruit Melba Sauce</p> <p></p>	<p>Fresh Fruit & Yoghurt</p> <p></p>	<p>Lemon Shortbread</p> <p></p>	<p>Vanilla & Peach Sponge</p> <p></p>	<p>Cinnamon Palmier Swirl</p> <p></p>

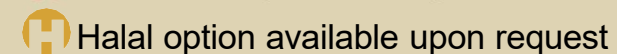
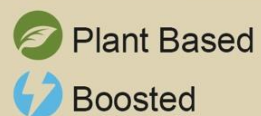


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Menu Key:



Feeding Hungry Minds



WEEK 3 MENU

Weeks commencing:

27th April

8th June

31st August

12th October

18th May

29th June

21st September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Planet-Friendly Chinese Rice Low-carbon Chinese vegetable rice.</p> <p> </p>	<p>Stir Fry & Egg Noodles Stir fried veggies with egg noodles.</p> <p> </p>	<p>Flaky Garden Plait with Golden Roasted Potatoes Butternut and vegetable puff pastry plait served with roasted potatoes.</p> <p> </p>	<p>Mighty Quorn Meatball Spaghetti in Rich Tomato Sauce</p> <p> </p>	<p>Homemade Margherita Pizza with Chips</p> <p></p>
<p>Pasta Power Bake Cheese and tomato penne pasta bake.</p> <p> </p>	<p>Singapore Chicken Noodles</p> <p> </p>	<p>Roast Chicken with Golden Roasted Potatoes & Gravy</p> <p></p>	<p>Chicken Meatball Spaghetti in Rich Tomato Sauce</p> <p></p>	<p>Fish Fingers with Chips & Ketchup</p>
<p>Mediterranean Veggies & Green Beans</p> <p></p>	<p>Sweetcorn & Broccoli</p> <p></p>	<p>Carrots & Cauliflower</p> <p></p>	<p>Sweetcorn & Coleslaw</p> <p></p>	<p>Peas & Baked Beans</p> <p></p>
<p>Fruit Ice Lolly</p> <p></p>	<p>Fresh Fruit and Yoghurt</p> <p></p>	<p>Strawberry Jelly</p> <p></p>	<p>Fresh Fruit Salad and Yoghurt</p> <p></p>	<p>Pear & Chocolate Sponge</p> <p></p>

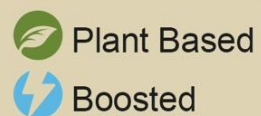


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