WEEK 1 MENU

WEST TWYFORD PRIMARY SCHOOL

PLATES FOR OUR PLANET

Weeks Commencing: 2nd November 26 | 23rd November 26 | 14th December 26 | 4th January 27 | 25th January 27 | 8th March 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef's Special Pasta Bolognese	Fragrant Veggie Curry with Coriander Rice & Aromatic Potatoes	Cauliflower & Broccoli Cheese Bake with Roast Potatoes	Margherita Pizza with Cajun Wedges	Quorn Dippers with Chips
Three-Bean Chilli & Rice	Chicken & Sweet Potato Curry with Coriander Rice & Aromatic Potatoes	Chicken & Veggie Pie with Roast Potatoes & Gravy	Piri Piri Chicken Pizza with Cajun Wedges	Salmon or White Fish Fingers with Chips & Ketchup
Sweetcorn & White Cabbage	Peas & Cumin Roast Cauliflower	Carrots & Roasted Courgettes	Sweetcorn & Mediterranean Veggies	Peas & Baked Beans
Fresh Fruit Organic Yoghurt	Coconut Cookie	Frozen Mango Yoghurt	Strawberry Jelly & Peaches	Chocolate & Beetroot Brownie

YOGHURT AND A GLASS OF MILK AVAILABLE EVERY DAY

FRESH FRUIT AND SALAD BAR AVAILABLE DAILY

FRESHLY BAKED, PLANT BASED BREAD SERVED DAILY

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

WEEK 2 MENU

WEST TWYFORD PRIMARY SCHOOL

PLATES FOR OUR PLANET

Weeks Commencing: 9th November 26 | 30th November 26 | 11th January 27 | 1st February 27 | 22nd February 27 | 15th March 27

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	Roasted Veggie & Bean Taco
Yaki Noodles	Lamb 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 Organic Yoghurt	Marble Cake	Apple Crumble & Custard	Yoghurt Bar with Toppings	Gingerbread Cookie







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

WEEK 3 MENU

WEST TWYFORD PRIMARY SCHOOL

Weeks Commencing: 16th November 26 | 7th December 26 | 18th January 27 | 8th February 27 | 1st March 27 | 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 & Onion Quiche with Chips
Cheese, Tomato & Basil Pasta Bake	Chicken Keema Curry with Rice	Roast Chicken Fillet or Thigh with Roast Potatoes & 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 Organic Yoghurt	Chocolate Tiffin	Apple & Banana Cake	Orange Jelly & Mandarins	Oat & Raisin Cookie

YOGHURT AND A GLASS OF MILK AVAILABLE EVERY DAY

FRESH FRUIT AND SALAD BAR AVAILABLE DAILY

FRESHLY BAKED, PLANT BASED BREAD SERVED DAILY

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