

# 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

Vegetable & Lentil Bolognese with Spaghetti



Vegetable & Lentil Bolognese with Spaghetti



Sweetcorn & Soy Wilted Greens



Pear & Berry Sponge



## TUESDAY

Rainbow Chilli with Mexican Rice



Lamb Chilli Con Carne with Mexican Rice



Peas & Roasted Root Veg



Chocolate Rice Krispie Cake



## WEDNESDAY

Honey & Ginger Strips with Mash & Gravy



Roast Chicken with Mash & Gravy



Roast Parsnip & Carrots



Yoghurt Bar with Tasty Toppings



## THURSDAY

Homemade Margherita Pizza with Potato Wedges



Homemade BBQ Chicken Pizza with Potato Wedges



Sweetcorn & Paprika Spiced Broccoli



Frozen Strawberry Yoghurt



## FRIDAY

Cheese & Tomato Quiche & Chips with Tomato Ketchup



Salmon or White Fish Fingers & Chips With Tomato Ketchup

Peas & Baked Beans



Toffee 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:

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



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

Mac & Cheese with Roasted Squash & Garlic Bread

Stir Fry Egg Noodles

Peas & Sweetcorn

Chocolate Shortbread

## TUESDAY

Planet Friendly Sausage with Mash & Gravy

Chicken Sausage with Mash & Gravy

Broccoli & Roasted Mediterranean Veggies

Yoghurt Bar with Tasty Toppings

## WEDNESDAY

Piri Piri Veggie Strips with Crispy Potatoes & Gravy

Roast Chicken with Crispy Potatoes & Gravy

Green Beans & Swede and Carrot Mash

Chocolate Rice Krispie Cake

## THURSDAY

Homemade Margherita Pizza with Potato Wedges

Homemade BBQ Chicken Pizza with Potato Wedges

Cauliflower & Winter Slaw

Strawberry Jelly with Peach

## FRIDAY

Delicious Dippers & Chips with Tomato Ketchup

Battered Fish & Chips with Tomato Ketchup

Peas & Baked Beans

Oaty Apple & Berry Crumble with Custard



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- 1 of your 5 a day
- Boosted
- Low Carbon
- Halal



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

Chinese Rainbow Fried Rice



Cheese & Tomato Pasta Bake



Sweetcorn & Red Cabbage Slaw



Oat DreamCookie



## TUESDAY

Plant Power Thai Curry with Pilau Rice



Chicken Curry with Pilau Rice



Broccoli & Peas



Carrot Cake



## WEDNESDAY

Root Veg and Sage Wellington,  
Crispy Potatoes & Gravy



Roast Chicken with Crispy Potatoes &  
Gravy



Carrots & Herby Green Beans



Jelly & Mandarin



## THURSDAY

Homemade Margherita Pizza  
with Herby Wedges



Homemade BBQ Chicken Pizza  
with Herby Wedges



Mediterranean Vegetables & Sweetcorn



Eve's Pudding with Custard



## FRIDAY

Mexican Style Mixed Bean Burrito & Chips



Fish Fingers & Chips  
and Tomato Ketchup

Peas & Baked Beans



Lemon & Courgette Muffin



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Feeding Hungry Minds