

# 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

Super Stir Fry with Egg Noodles



Quorn Burger with BBQ Relish with Garlic & Herb Wedges



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


PLATES FOR  
OUR PLANET

## MONDAY


Sweet Potato, Pepper & Coconut Curry  
with Rice    

Chilli Fajita with Garlic & Herb Wedges  
 


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 



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 

Battered Fish & Chips  
with 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



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

PLATES FOR  
OUR PLANET

## MONDAY

Chinese Rainbow Fried Rice



Cheese & Tomato Pasta Bake



Sweetcorn & Red Cabbage Slaw



Oat Dream Cookie



## 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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Menu  
Key:



Plant Based



Vegetarian



1 of your 5 a day



Boosted



Low Carbon



Halal



Feeding Hungry Minds