



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	Orange Drizzle Cake	Orange Jelly & Mandarins  	Chocolate Shortbread 	Apple Crumble & Custard 

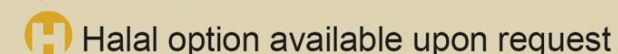
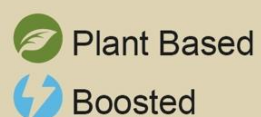


PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY
Unless specified, all our desserts are vegetarian.



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:



Feeding Hungry Minds



WEEK 2 MENU

Weeks commencing:
20th April 11th May
1st June 22nd June
13th July 14th September
5th October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tarka Dhal with Coriander Rice Traditional Indian lentil dish served with coriander rice.	Chef's Special Pasta Bolognese with Garlic & Oregano Focaccia Low-carbon penne pasta with veggie packed bolognese sauce served with garlic & oregano focaccia bread.	Garden Sausage with Mash & Gravy Quorn sausage served with mashed potato and gravy.	Tangy Chilli Fajita with Fluffy Rice Low-carbon veggie chilli fajita served with rice.	Plant-Power Curry with Pitta Bread Cauliflower, chickpea and potato curry served with pitta bread.
Chow Mein with Egg Noodles Chinese veggie stir fry with egg noodles.	Lamb Penne Bolognese with Garlic & Oregano Focaccia	Chicken Sausage with Mash & Gravy	Chicken Fajita with Mexican Rice	Fish Fingers with Chips & Ketchup
Broccoli & Coleslaw	Sweetcorn & Red Cabbage Slaw	Carrots & Peas	Mediterranean Veggies & Green Beans	Peas & Baked Beans
Ice Cream with Peach & Forest Fruit Melba Sauce	Cinnamon Palmier Swirl	Lemon Shortbread	Vanilla & Peach Sponge	Chocolate, Orange & Carrot Brownie



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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



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

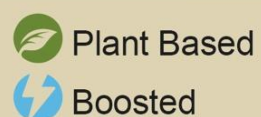


PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY
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Menu Key:



Feeding Hungry Minds