



WEEK 1 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Smoky BBQ Protein Bites with Garlic & Herb Wedges BBQ sauce coated veggie protein pieces served with garlic & herb oven baked wedges. 	Green Earth Curry with Fluffy Rice Low-carbon veggie curry with rice. 	Bean Burst Puff Square with Golden Roasted Potatoes Creamy veggie and butter bean puff squares served with roasted potatoes. 	Chef's Special Pasta Bolognese Low-carbon penne pasta with veggie packed bolognese sauce. 	Golden Nuggets with Chips & Ketchup Quorn dippers served with chips & tomato ketchup.
Hand-Stretched Margherita Pizza with Garlic & Herb Wedges 	Chicken Tikka Masala with Fluffy Rice 	Roast Chicken or Gammon with Golden Roasted Potatoes, Yorkshire Pudding and Gravy 	Beef Penne Bolognese with Garlic Infused Bread 	Salmon or White Fish Fingers with Chips & Ketchup
Sweetcorn & Roasted Courgette 	Peas & Red Cabbage Slaw 	Carrots & Herby Green Beans 	Sweetcorn & Broccoli 	Peas & Baked Beans
Cheese & Crackers	Fruit Yoghurt & Fresh Fruit	Cheese & Crackers	Fruit Yoghurt & Fresh Fruit	Strawberry Frozen Yoghurt

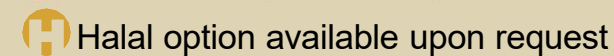
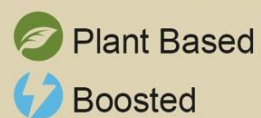


PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY
 Unless specified, all our desserts are vegetarian.



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fiesta Fuel Wrap with Cajun Wedges Mexican style veggie rice wrap served with cajun oven baked wedges. 	Pasta Power Bake Cheese and tomato penne pasta bake. 	Plant-Power Roast with Crunchy Potatoes Quorn roast served with Patatas Bravas. 	Tangy Chilli Fajita with Fluffy Rice Low-carbon veggie chilli fajita served with rice. 	Cheese & Tomato Quiche with Chips
Hand-Stretched Roasted Pepper Pizza with Cajun Wedges 	BBQ Chicken Pasta Bake 	Roast Chicken with Patatas Bravas 	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
Cheese & Crackers	Fruit Yoghurt & Fresh Fruit	Cheese & Crackers	Fruit Yoghurt & Fresh Fruit	Chocolate Brownie

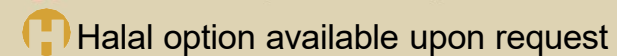
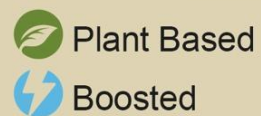


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Feeding Hungry Minds



WEEK 3 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Planet-Friendly Chinese Rice Low-carbon Chinese vegetable rice with veggie protein pieces. 	Scrumptious Mac & Cheese topped with Mediterranean Veggies served with Tomato Focaccia Bread 	Plant-Hero Pasty with Golden Roast Potatoes Quornish Pasty served with roast potatoes. 	Mighty Quorn Meatball Spaghetti in Rich Tomato Sauce 	Cheesy Puff Power with Chips Cheese and tomato puff served with chips.
Hand-Stretched Sweetcorn Pizza with Garlic & Herb Wedges 	Singapore Chicken Noodles 	Roast Chicken or Gammon with Golden Roasted Potatoes and Gravy 	Chicken Meatball Spaghetti in Rich Tomato Sauce 	Chicken Goujons or Fish Fingers with Chips & Ketchup
Roasted Mediterranean Veggies & Green Beans 	Sweetcorn & Broccoli 	Carrots & Cauliflower 	Sweetcorn & Coleslaw 	Peas & Baked Beans
Cheese & Crackers	Fruit Yoghurt & Fresh Fruit	Cheese & Crackers	Fruit Yoghurt & Fresh Fruit	Lemon Shortbread

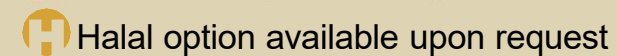
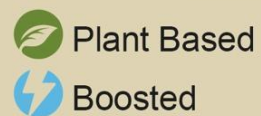


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