WEEK 1 MENU

3rd November
24th November
15th December
5th January
26th January
9th March

MONDAY	TUESDAY
Margherita Pizza with Cajun Wedges	Rainbow Chilli with Rice
Cheesy Bean Puff served with Cajun Wedges	Beef Chilli Con Carne with Rice
Jacket Potato with a Variety of Fillings	Jacket Potato with a Variety of Fillings
Sweetcorn & Roasted Courgettes	Peas & Cauliflower
Cheese & Crackers and Fresh Fruit	Yoghurt & Fresh Fruit

WEDNESDAY	THURSDAY	FRIDAY
Quorn Burger with Roast Potatoes, Yorkshire Pudding & Gravy	Super Stir Fry with Egg Noodles	Delicious Dippers with Chips and Tomato Ketchup
Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Singapore Chicken Noodles	Salmon or White Fish Fingers with Chips and Tomato Ketchup
Jacket Potato with a Variety of Fillings	Jacket Potato with a Variety of Fillings	Jacket Potato with a Variety of Fillings
Green Beans & Carrots	Sweetcorn & Spiced Broccoli	Peas & Baked Beans
Cheese & Crackers and Fresh Fruit	Yoghurt & Fresh Fruit	Chocolate Rice Crispie Cake

FRESH FRUIT & A PORTION OF DAIRY AVAILABLE DAILY

SALAD AND FRESHLY BAKED WHOLEMEAL BREAD SERVED DAILY

Low carbon meals have at least 38% lower carbon emissions then the average meal. Learn more about this calculation at **www.eatcoolfood.org**

Menu Key: Plant Based, Vegetarian, 1 of your 5 a day, Boosted, Low Carbon, Halal

Feeding Hungry Minds

WEEK 2 MENU

10th November
1st December
12th January
2nd February
23rd February
16th March

MONDAY	TUESDAY
Chilli Fajita with Garlic & Herb Wedges	Planet Friendly Sausage with Mash & Gravy
Sweetcorn Pizza with Garlic & Herb Wedges	Chicken Sausage with Mash & Gravy
Jacket Potato with a Variety of Fillings	Jacket Potato with a Variety of Fillings
Broccoli & Coleslaw	Roasted Mediterranean Veggies & Sweetcorn
Cheese & Crackers and Fresh Fruit	Yoghurt & Fresh Fruit

WEDNESDAY	THURSDAY	FRIDAY
Smoky BBQ Strips with Roast Potatoes & Gravy	Roasted Veggie Lasagne with Tomato Focaccia	Sweet Potato, Pepper & Coconut Curry with Rice
Roast Chicken with Roast Potatoes & Gravy	Beef Lasagne with Tomato Focaccia	Battered Fish or Fish Fingers with Chips & Tomato Ketchup
Jacket Potato with a Variety of Fillings	Jacket Potato with a Variety of Fillings	Jacket Potato with a Variety of Fillings
Peas & Carrots	Green Beans & Roast Root Vegetables	Peas & Baked Beans
Cheese & Crackers and Fresh Fruit	Yoghurt & Fresh Fruit	Oaty Apple & Berry Crumble with Custard

FRESH FRUIT & A PORTION OF DAIRY AVAILABLE DAILY

SALAD AND FRESHLY BAKED WHOLEMEAL BREAD SERVED DAILY

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Feeding Hungry Minds

WEEK 3 MENU

17th November
8th December
19th January
9th February
2nd March
23rd March

MONDAY	TUESDAY
Thai-Style Red Curry & Wholegrain Rice	Chinese Rainbow Fried Rice
Roast Pepper Pizza with Paprika Wedges	Chicken Tarka Dhal with Rice
Jacket Potato with a Variety of Fillings	Jacket Potato with a Variety of Fillings
Sweetcorn & Red Cabbage Slaw	Broccoli & Peas
Cheese & Crackers and Fresh Fruit	Yoghurt & Fresh Fruit

WEDNESDAY	THURSDAY	FRIDAY
Golden Mac & Cheese with Roasted Squash & Garlic Bread	Plant Power Bolognese with Penne Pasta and Garlic & Herb Bread	Cheese and Onion Flan with Chips
Roast Chicken with Roast Potatoes & Gravy	Beef Bolognese with Penne Pasta and Garlic & Herb Bread	Fish Fingers with Chips & Tomato Ketchup
Jacket Potato with a Variety of Fillings	Jacket Potato with a Variety of Fillings	Jacket Potato with a Variety of Fillings
Carrots & Herby Green Beans	Mediterranean Vegetables & Sweetcorn	Peas & Baked Beans
Cheese & Crackers and Fresh Fruit	Yoghurt & Fresh Fruit	Lemon & Courgette Muffin

FRESH FRUIT & A PORTION OF DAIRY AVAILABLE DAILY

SALAD AND FRESHLY BAKED WHOLEMEAL BREAD SERVED DAILY

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Menu Key: Plant Based, Vegetarian, 1 of your 5 a day, Boosted, Low Carbon, Halal

Feeding Hungry Minds