

WEEK 1 MENU

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



MONDAY

Margherita Pizza with Cajun Wedges



Cheesy Bean Puff served with Cajun Wedges



Sweetcorn & Roasted Courgettes



Frozen Strawberry Yoghurt



TUESDAY

Rainbow Chilli with Rice



Beef Chilli Con Carne with Rice



Jacket Potato with a Variety of Fillings

Peas & Cauliflower



Pear & Berry Sponge



WEDNESDAY

Quorn Burger with Roast Potatoes, Yorkshire Pudding & Gravy



Roast Gammon with Roast Potatoes, Yorkshire Pudding & Gravy

Green Beans & Carrots



Yoghurt Bar with Delicious Toppings



THURSDAY

Super Stir Fry with Egg Noodles



Singapore Chicken Noodles

Jacket Potato with a Variety of Fillings

Sweetcorn & Spiced Broccoli



Toffee Apple Crumble & Custard



FRIDAY

Delicious Dippers with Chips and Tomato Ketchup



Salmon or White Fish Fingers with Chips and Tomato Ketchup

Peas & Baked Beans



Chocolate Rice Crispie Cake



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:



Plant Based



Vegetarian



1 of your 5 a day



Boosted



Low Carbon



Feeding Hungry Minds

WEEK 2 MENU

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



MONDAY

- Chilli Fajita with Garlic & Herb Wedges  
- Sweetcorn Pizza with Garlic & Herb Wedges 
- Broccoli & Coleslaw 
- Yoghurt Bar with Delicious Toppings 

TUESDAY

- Quorn Meatballs in Tomato Sauce with Spaghetti 
- Chicken & Sweetcorn Meatballs in Tomato Sauce with Spaghetti
- Jacket Potato with a Variety of Fillings
- Roasted Mediterranean Veggies & Sweetcorn 
- Pineapple Upside Down Cake  

WEDNESDAY

- Smoky BBQ Strips with Roast Potatoes & Gravy 
- Roast Chicken with Roast Potatoes & Gravy
- Peas & Carrots 
- Chocolate Shortbread 

THURSDAY

- Roasted Veggie Lasagne with Tomato Focaccia   
- Beef Lasagne with Tomato Focaccia  
- Jacket Potato with a Variety of Fillings
- Green Beans & Roast Root Vegetables 
- Orange Jelly with Mandarins  

FRIDAY

- Sweet Potato, Pepper & Coconut Curry with Rice    
- Battered Fish or Fish Fingers with Chips & Tomato Ketchup
- Peas & Baked Beans 
- Oaty Apple & Berry Crumble with Custard  



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



Feeding Hungry Minds

WEEK 3 MENU

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



MONDAY

- Thai-Style Red Curry & Wholegrain Rice
- Roast Pepper Pizza with Paprika Wedges
- Sweetcorn & Red Cabbage Slaw
- Carrot Cake

TUESDAY

- Chinese Rainbow Fried Rice
- Chicken Tarka Dhal with Rice
- Jacket Potato with a Variety of Fillings
- Broccoli & Peas
- Oat Dream Cookie

WEDNESDAY

- Golden Mac & Cheese with Roasted Squash & Garlic Bread
- Roast Pork with Roast Potatoes & Gravy
- Carrots & Herby Green Beans
- Strawberry Jelly with Peaches

THURSDAY

- Plant Power Bolognese with Penne Pasta and Garlic & Herb Bread
- Beef Bolognese with Penne Pasta and Garlic & Herb Bread
- Jacket Potato with a Variety of Fillings
- Mediterranean Vegetables & Sweetcorn
- Eve`s Pudding with Custard

FRIDAY

- Cheese and Onion Flan with Chips
- Fish Fingers with Chips & Tomato Ketchup
- Peas & Baked Beans
- Lemon & Courgette Muffin



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Feeding Hungry Minds