

WEEK 1 MENU

W/C: 03/11,
24/11, 15/12,
05/01, 26/11,
16/02, 09/03



MONDAY

Veggie Stir Fry with Egg Noodles



Quorn Burger with BBQ sauce and Garlic & Herb Wedges



Sweetcorn & Green Beans



Fresh Fruit or Yoghurt



TUESDAY

Mac & Cheese with Garlic Bread



Lamb Keema Curry



Peas & Roasted Root Veg



Fresh Fruit or Yoghurt



WEDNESDAY

Quornish Pasty with Crispy Potatoes & Gravy



Roast Chicken with Crispy Potatoes & Gravy



Roast Parsnip & Carrots



Fresh Fruit or Yoghurt



THURSDAY

Margherita Pizza with Sweet Potato Wedges



BBQ Chicken Pizza with Sweet Potato Wedges



Sweetcorn & Spicy Butternut Wedges



Fresh Fruit or Yoghurt



FRIDAY

Delicious Dippers & Chips



Fish Fingers & Chips

Peas & Baked Beans



Jelly & Mandarins



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



Halal & non-halal



Feeding Hungry Minds

WEEK 2 MENU

W/C: 10/11,
01/12, 22/12,
12/01, 02/02,
23/02, 16/03



MONDAY

Veggie Bolognese with Penne Pasta



Cheese and Tomato Pinwheel



Peas & Sweetcorn

Fresh Fruit or Yoghurt

TUESDAY

Planet Friendly Sausage with Mash & Gravy



Chicken Sausage with Mash & Gravy



Broccoli & Roasted Mediterranean Veggie

Fresh Fruit or Yoghurt

WEDNESDAY

Piri Piri Veggie Strips with Crispy Potatoes & Gravy

Roast Chicken with Crispy Potatoes & Gravy



Green Beans & Swede and Carrot Mash

Fresh Fruit or Yoghurt

THURSDAY

Margherita Pizza with Herby Wedges



Singapore Chicken Noodles



Sweetcorn & Winter Slaw

Fresh Fruit or Yoghurt

FRIDAY

Cheese & Tomato Puff Square



Fish Fingers & Chips

Peas & Baked Beans

Jam Sponge



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Menu Key:

- Plant Based
- Vegetarian
- 1 of your 5 a day
- Boosted
- Low Carbon
- Halal & non-halal



Feeding Hungry Minds

WEEK 3 MENU

W/C: 17/11,
08/12, 29/12,
19/01, 09/02,
02/03, 23/03

PLATES FOR
OUR PLANET

MONDAY

Chinese Veggie Fried Rice



Cheese & Tomato Penne Pasta



Sweetcorn & Red Cabbage Slaw



Fresh Fruit or Yoghurt



TUESDAY

Vegan Quesadilla with Herby Wedges



Chicken Burger with Tomato Ketchup & Herby Wedges



Broccoli & Peas



Fresh Fruit or Yoghurt



WEDNESDAY

Quorn Sausages with Crispy Potatoes & Gravy



Roast Chicken with Crispy Potatoes & Gravy



Carrots & Herby Green Beans



Fresh Fruit or Yoghurt



THURSDAY

Margherita Pizza with Herby Wedges



Aussie BBQ Chicken Wrap with Herby Wedges



Roasted Mediterranean Veggie & Sweetcorn



Fresh Fruit or Yoghurt



FRIDAY

Cheese, Tomato & Basil Pasta Bake



Fish Fingers & Chips

Peas & Baked Beans



Lemon & Courgette Muffin



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Feeding Hungry Minds