



WEEK 1 MENU

Week commencing:
13-Apr 04-May 25-May
15-Jun 06-Jul 27-Jul
17-Aug 07-Sep 28-Sep
19-Oct



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veggie Vibe Fajita with Fluffy Rice Low-carbon veggie chilli fajita served with rice. 	Garden Sausage with Crushed Potatoes & Gravy Quorn sausages served with crushed potatoes and gravy. 	Mexican Rice Wrap Mexican rice wrap packed with garden veggies. 	Hand-Stretched Pineapple Pizza with Potato Wedges 	Tomato & Herb Puff Square with Oven Baked Chips
Plant-Power Pasta Bake with Garlic Bread Roasted veggie and tomato pasta bake served with garlic infused bread. 	Chicken Sausage with Crushed Potatoes & Gravy 	Roast Chicken Breast with Golden Roasted Potatoes & Gravy 	Hand-Stretched Piri Piri Chicken Pizza with Potato Wedges 	Fish Fingers with Oven Baked Chips
Broccoli & Cauliflower 	Veggie Medley 	White Cabbage & Carrot Batons 	Green Bean Slaw & Sweetcorn 	Peas & Baked Beans
Fruit Salad or Yoghurt	Fruit Salad or Yoghurt	Fruit Salad or Yoghurt	Fruit Salad or Yoghurt	Jam Tart with 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:**
- Plant Based
 - Vegetarian
 - At least 1 of your 5 a day
 - Boosted
 - Low Carbon
 - Halal option available upon request



Feeding Hungry Minds



WEEK 2 MENU

Week commencing:
20-Apr 11-May 01-Jun
22-Jun 13-Jul 03-Aug
24-Aug 14-Sep 05-Oct
26-Oct



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bouncy Bean Burrito with Fusilli Pasta Veggie and mixed bean burrito served with fusilli pasta. 	Stir Fry & Egg Noodles Stir fried veggies with egg noodles. 	Tomato & Cheese Galette Flaky pastry crust filled with tomato and cheese. 	Hand-Stretched Margherita Pizza with Garlic & Herb Wedges 	Plant-Powered Frittata Sweet potato and pepper frittata.
Honey & Ginger Protein Bites with Fusilli Pasta Honey & ginger veggie protein pieces served with fusilli pasta. 	Chicken Burger with Cajun Potato Wedges 	Chicken Fricassee with Pasta or Rice Traditional French chicken stew served with pasta or rice. 	Hand-Stretched Cajun Chicken & Sweetcorn Pizza with Garlic & Herb Wedges 	Fish Fingers with Oven Baked Chips
Steamed Greens & Sweetcorn 	Coleslaw & Cauliflower 	Sliced Carrots & Sweetcorn 	Green Beans & Carrot Batons 	Peas & Baked Beans
Fruit Salad or Yoghurt	Fruit Salad or Yoghurt	Fruit Salad or Yoghurt	Fruit Salad or Yoghurt	Vanilla Ice Cream

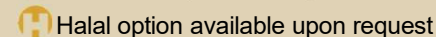
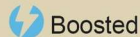
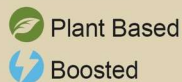


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Menu Key:























Feeding Hungry Minds



WEEK 3 MENU

Week commencing:
27-Apr 18-May 08-Jun
29-Jun 20-Jul 10-Aug
31-Aug 21-Sep 12-Oct



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mighty Quorn Meatball Pasta in Rich Tomato Sauce  	Scrumptious Mac & Cheese with Mediterranean Focaccia Bread 	Planet-Friendly Chinese Rice Low-carbon Chinese vegetable rice.   	Hand-Stretched Margherita Pizza with Garlic & Paprika Wedges 	Plant-Power Roast with Oven Baked Chips Roasted Quorn Vegan Strips served with oven baked chips. 
Pasta Power Bake Cheese and tomato penne pasta bake.  	Chicken Chilli Con Carne with Rice   	Roast Chicken Breast with Golden Roasted Potatoes & Gravy 	Hand-Stretched BBQ Chicken Pizza with Garlic & Paprika Wedges 	Fish Fingers with Oven Baked Chips
Broccoli & Cauliflower 	Mexican Sweetcorn & Roasted Courgettes 	Green Cabbage & Carrot Batons 	Herby Green Beans & Cauliflower 	Peas & Baked Beans 
Fruit Salad or Yoghurt	Fruit Salad or Yoghurt	Fruit Salad or Yoghurt	Fruit Salad or Yoghurt	Orange & Cherry Muffin





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