

# 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

Pear & Berry Sponge

## TUESDAY

Cheese and Tomato Pinwheel



Beef Chilli with Rice



Peas & Roasted Root Veg

Chocolate Rice Krispie Cake

## WEDNESDAY

Quornish Pasty with Crispy Potatoes & Gravy



Roast Chicken with Crispy Potatoes & Gravy

Roast Parsnip & Carrots

Sticky Marmalade Sponge

## THURSDAY

Margherita Pizza with Sweet Potato Wedges



BBQ Chicken Pizza with Sweet Potato Wedges

Sweetcorn & Spicy Butternut Wedges

Frozen Strawberry 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](http://www.eatcoolfood.org)

**Menu Key:**



Plant Based



Vegetarian



1 of your 5 a day



Boosted



Low Carbon



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



Mac & Cheese with Garlic Bread



Peas & Sweetcorn

Chocolate Shortbread

## TUESDAY

Planet Friendly Sausage with Mash & Gravy



Pork Sausage with Mash & Gravy

Broccoli & Roasted Mediterranean Veggie

Oaty Apple & Berry Crumble with Custard

## WEDNESDAY

Piri Piri Veggie Strips with Crispy Potatoes & Gravy

Roast Gammon with Crispy Potatoes & Gravy

Green Beans & Swede and Carrot Mash

Chocolate Tiffin

## THURSDAY

Margherita Pizza with Herby Wedges



Singapore Chicken Noodles

Sweetcorn & Winter Slaw

Strawberry Jelly with Peach

## FRIDAY

Cheese & Tomato Puff Square



Fish Fingers & Chips

Peas & Baked Beans

Jam Sponge



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Menu Key:



Feeding Hungry Minds

# WEEK 3 MENU

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



## MONDAY

Chinese Veggie Fried Rice



Cheese & Tomato Penne Pasta



Sweetcorn & Red Cabbage Slaw

Oat Dream Cookie

## TUESDAY

Vegan Quesadilla with Herby Wedges



Beef Burger with Tomato Ketchup & Herby Wedges

Broccoli & Peas

Carrot Cake

## WEDNESDAY

Quorn Sausages with Crispy Potatoes & Gravy



Roast Pork with Crispy Potatoes & Gravy

Carrots & Herby Green Beans

Coconut & Pineapple Upside Down Sponge

## THURSDAY

Margherita Pizza with Herby Wedges



Meat Feast Pizza with Herby Wedges

Roasted Mediterranean Veggie & Sweetcorn

Eve's Pudding with Custard

## FRIDAY

Cheese, Tomato & Basil Pasta Bake



Fish Fingers & Chips

Peas & Baked Beans

Lemon & Courgette Muffin



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**Menu Key:**

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



Feeding Hungry Minds