WEEK 1 MENU

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

MONDAY	TUESDAY
Super Stir Fry with Egg Noodles	Rainbow Chilli with Mexican Rice
Quorn Burger with BBQ Relish with Garlic & Herb Wedges	Lamb Chilli Con Carne with Mexican Rice
Sweetcorn & Soy Wilted Greens	Peas & Roasted Root Veg
Pear & Berry Sponge	Chocolate Rice Krispie Cake

WEDNESDAY	THURSDAY	FRIDAY
Creamy Cheese Puff with Mash & Gravy	Homemade Margherita Pizza with Sweet Potato Wedges	Delicious Dippers & Chips with Tomato Ketchup
Roast Chicken with Mash & Gravy	Homemade BBQ Chicken Pizza with Sweet Potato Wedges	Salmon or White Fish Fingers & Chips With Tomato Ketchup
Roast Parsnip & Carrots	Sweetcorn & Paprika Spiced Broccoli	Peas & Baked Beans
Yoghurt Bar with Tasty Toppings	Frozen Strawberry Yoghurt	Toffee Apple Crumble & Custard

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
Sweet Potato, Pepper & Coconut Curry with Rice	Planet Friendly Sausage with Mash & Gravy
Chilli Fajita with Garlic & Herb Wedges	Chicken Sausage with Mash & Gravy
Peas & Sweetcorn	Broccoli & Roasted Mediterranean Veggies
Chocolate Shortbread	Yoghurt Bar with Tasty Toppings

WEDNESDAY	THURSDAY	FRIDAY
Piri Piri Veggie Strips with Crispy Potatoes & Gravy	Mac & Cheese with Roasted Squash & Garlic Bread	Cheese & Tomato Puff Square
Roast Chicken with Crispy Potatoes & Gravy	Singapore Chicken Noodles	Battered Fish or Fish Fingers & Chips and Tomato Ketchup
Green Beans & Swede and Carrot Mash	Cauliflower & Winter Slaw	Peas & Baked Beans
Forest Fruit Baked Rice Pudding	Strawberry Jelly with Peach	Oaty Apple & Berry Crumble with Custard

FRESH FRUIT & A PORTION OF DAIRY AVAILABLE 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
Chinese Rainbow Fried Rice	Plant Power Thai Curry with Pilau Rice
Homemade Margherita Pizza with Herby Wedges	Chicken Curry with Pilau Rice
Sweetcorn & Red Cabbage Slaw	Broccoli & Peas
Oat Dream Cookie	Carrot Cake

WEDNESDAY	THURSDAY	FRIDAY
Cheese, Leek & Onion Pasty	Mighty Veggie Penne Bolognese with Garlic & Herb Bread	Mexican Style Mixed Bean Burrito & Chips
Roast Chicken with Crispy Potatoes & Gravy	Lamb Penne Bolognese with Garlic & Herb Bread	Fish Fingers & Chips and Tomato Ketchup
Carrots & Herby Green Beans	Mediterranean Vegetables & Sweetcorn	Peas & Baked Beans
Jelly & Mandarin	Eve's Pudding with Custard	Lemon & Courgette Muffin

FRESH FRUIT & A PORTION OF DAIRY AVAILABLE DAILY

SALAD AND FRESHLY BAKED WHOLEMEAL BREAD SERVED DAILY

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Feeding Hungry Minds