



WEEK 1 MENU

Weeks commencing:
 13th April
 15th June
 7th September
 19th October
 4th May
 6th July
 28th September



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Smoky BBQ Protein Bites with Herb Couscous
 BBQ sauce coated veggie protein pieces served with herb couscous.



Scrumptious Mac & Cheese topped with Mediterranean Veggies served with Tomato Focaccia Bread



Bouncy Bean Enchillada with Golden Roasted Potatoes & Gravy
 Pepper and mixed bean enchillada with roasted potatoes and gravy.



Homemade Margherita Pizza with Cajun Potato Wedges



Golden Nuggets with Chips & Ketchup
 Quorn dippers served with chips & tomato ketchup.



Green Earth Curry with Fluffy Rice
 Low-carbon veggie curry with rice.



Chicken Tikka Masala with Fluffy Rice



Roast Chicken with Golden Roasted Potatoes & Gravy



Homemade Meat Feast Pizza with Cajun Potato Wedges



Salmon or White Fish Fingers with Chips & Ketchup

Sweetcorn & Roasted Courgette



Peas & Red Cabbage Slaw



Carrots & Herby Green Beans



Mexican Sweetcorn & Broccoli



Peas & Baked Beans



Strawberry Frozen Yoghurt

Orange Drizzle Cake

Orange Jelly & Mandarins



Chocolate Shortbread



Apple Crumble & Custard



PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY
 Unless specified, all our desserts are vegetarian.



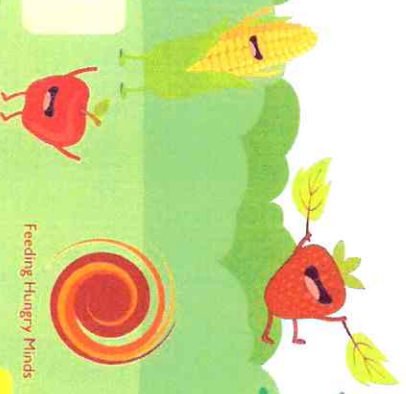
Low carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at www.eatcoolfood.org

Menu Key:

Plant Based
 Boosted

Vegetarian
 Low Carbon

At least 1 of your 5 a day
 Halal option available upon request



PLATES FOR THE PLANET

WEEK 2 MENU

Weeks commencing:
 20th April
 1st June
 13th July
 5th October
 11th May
 22nd June
 14th September

MONDAY

Tarka Dhal with Coriander Rice
 Traditional Indian lentil dish served with coriander rice.



TUESDAY

Chef's Special Pasta Bolognese with Garlic & Oregano Focaccia
 Low-carbon penne pasta with veggie packed bolognese sauce served with garlic & oregano focaccia bread.



WEDNESDAY

Garden Sausage with Mash & Gravy
 Quorn sausage served with mashed potato and gravy.



THURSDAY

Tangy Chilli Fajita with Fluffy Rice
 Low-carbon veggie chilli fajita served with rice.



FRIDAY

Plant-Power Curry with Pita Bread
 Cauliflower, chickpea and potato curry served with pita bread.



Chow Mein with Egg Noodles
 Chinese veggie stir fry with egg noodles.



Lamb Penne Bolognese with Garlic & Oregano Focaccia



Chicken Sausage with Mash & Gravy



Chicken Fajita with Mexican Rice



Fish Fingers with Chips & Ketchup

Broccoli & Coleslaw



Sweetcorn & Red Cabbage Slaw



Carrots & Peas



Mediterranean Veggies & Green Beans



Peas & Baked Beans



Ice Cream with Peach & Forest Fruit Melba Sauce



Cinnamon Palmier Swirl



Lemon Shortbread



Vanilla & Peach Sponge



Chocolate, Orange & Carrot Brownie

FRESH FRUIT & A PORTION OF DAIRY AVAILABLE DAILY

SALAD AND FRESHLY BAKED WHOLEMEAL BREAD SERVED DAILY

PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY

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Plant Based Boosted



Vegetarian



Low Carbon



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PLATE FOR THE PLANET

WEEK 3 MENU

Weeks commencing:
 27th April
 8th June
 31st August
 12th October
 18th May
 29th June
 21st September

MONDAY

Planet-Friendly Chinese Rice
 Low-carbon Chinese vegetable rice.

Pasta Power Bake
 Cheese and tomato penne pasta bake.

Mediterranean Veggies & Green Beans
Fruit Ice Lolly

TUESDAY

Stir Fry & Egg Noodles
 Stir fried veggies with egg noodles.

Singapore Chicken Noodles
Sweetcorn & Broccoli

Pear & Chocolate Sponge

WEDNESDAY

Flaky Garden Plait with Golden Roasted Potatoes
 Butternut and vegetable puff pastry plait served with roasted potatoes.

Roast Chicken with Golden Roasted Potatoes & Gravy

Carrots & Cauliflower
Strawberry Jelly

THURSDAY

Mighty Quorn Meatball Spaghetti in Rich Tomato Sauce

Chicken Meatball Spaghetti in Rich Tomato Sauce

Sweetcorn & Coleslaw
Fresh Fruit Salad and Yoghurt

FRIDAY

Homemade Margherita Pizza with Chips

Fish Fingers with Chips & Ketchup

Peas & Baked Beans
Cinnamon Biscuit



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