

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

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 Chicken 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



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



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

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 Chicken 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



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



Feeding Hungry Minds