WEEK 1 MENU

Weeks Commencing: 2nd November 23rd November 14th December 4th January 25th January 15th February 8th March 29th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet Chilli Stir Fry with Noodles	Rich & Hearty Pasta Bake	Jacket Potato With Cheese & Beans	Little Heroes Lasagna with Garlic Bread	Quorn Dippers with Chips & Ketchup
Margherita or Sweetcorn Pizza with Garlic & Paprika Wedges	Jacket Potato With Cheese & Beans	Roast Chicken with Mashed Potato & Gravy	Beef Lasagna with Garlic Bread	Fish Fingers with Chips & Ketchup
Sweetcorn & Broccoli	Cauliflower & Green Beans	Carrots & Peas	Sweetcorn & Broccoli	Peas & Baked Beans
Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt

Pasta Pot or Jacket Potato available daily
Ham or Cheese Sandwich available Tuesday
Tuna or Cheese Sandwich available Thursday







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

WEEK 2 MENU

PLATES FOR OUR PLANET

Weeks Commencing: 9th November 30th November 21st December 11th January 1st February 22nd February 15th March 5th April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza with Garlic & Herb Wedges	Chef's Special Pasta Bolognese	Quorn Sausage with Mashed Potato & Gravy	Sweet Potato, Pepper & Coconut Curry with Rice	Jacket Potato With Cheese & Beans
Roasted Pepper Pizza with Garlic & Herb Wedges	Beef Penne Bolognese	Pork Sausage with Mashed Potato & Gravy	Chicken & Sweet Potato Curry with Rice	Fish Fingers with Chips & Ketchup
Green Beans & Sweetcorn	Carrots & Peas	Carrots & Broccoli	Roasted Root Veggies & Green Beans	Baked Beans & Peas
Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt

Pasta Pot or Jacket Potato available daily
Ham or Cheese Sandwich available Tuesday
Tuna or Cheese Sandwich available Thursday

YOGHURT AND A GLASS OF MILK AVAILABLE EVERY DAY

FRESH FRUIT AND SALAD BAR AVAILABLE DAILY

FRESHLY BAKED, PLANT BASED BREAD SERVED DAILY

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Menu Key:
- Plant Based
- Vegetarian
- At least 1 of your 5 a day
- Boosted
- Low Carbon
- Halal option available upon request

WEEK 3 MENU

PLATES FOR OUR PLANET

Weeks Commencing: 16th November 7th December 28th December 18th January 8th February 1st March 22nd March 12th April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mexican-style Chilli with Rice	Falafel Burger with Mexican Rice & Ketchup	Jacket Potato With Cheese & Beans	Creamy Macaroni Cheese	Bean & Veggie Hotpot
Margherita Pizza with Cajun Wedges	Chicken Burger with Mexican Rice	Roast Chicken or Gammon with Mashed Potato & Gravy	Greek Style Beef Pasta Bake	Fish Fingers with Chips & Ketchup
Roasted Mediterranean Veggies & Sweetcorn	Carrots & Peas	Roasted Root Veggies & Green Beans	Sweetcorn & Broccoli	Peas & Baked Beans
Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt	Fresh Fruit & Natural Yoghurt

Pasta Pot or Jacket Potato available daily
Ham or Cheese Sandwich available Tuesday
Tuna or Cheese Sandwich available Thursday

YOGHURT AND A GLASS OF MILK AVAILABLE EVERY DAY

FRESH FRUIT AND SALAD BAR AVAILABLE DAILY

FRESHLY BAKED, PLANT BASED BREAD SERVED DAILY

LOW CARBON CERTIFIED eatcoolfood.org

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Menu Key:
Plant Based · Vegetarian · At least 1 of your 5 a day
Boosted · Low Carbon · Halal option available upon request