



WEEK 1 MENU

Week commencing:
13-Apr 04-May 25-May
15-Jun 06-Jul 27-Jul
17-Aug 07-Sep 28-Sep
19-Oct



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veggie Vibe Fajita with Fluffy Rice Low-carbon veggie chilli fajita served with rice. 	Garden Sausage with Crushed Potatoes & Gravy Quorn sausages served with crushed potatoes and gravy. 	Mexican Rice Wrap Mexican rice wrap packed with garden veggies. 	Hand-Stretched Pineapple Pizza with Potato Wedges 	Cheese, Pepper & Red Onion Quiche with Oven Baked Chips
Plant-Power Pasta Bake with Garlic Bread Roasted veggie and tomato pasta bake served with garlic infused bread. 	Sausage with Crushed Potatoes & Gravy 	Roast Chicken Breast with Golden Roasted Potatoes, Yorkshire Pudding & Gravy 	Hand-Stretched Piri Piri Chicken Pizza with Potato Wedges 	Fish Fingers with Oven Baked Chips
Broccoli & Cauliflower 	Veggie Medley 	White Cabbage & Carrot Batons 	Green Bean Slaw & Sweetcorn 	Peas & Baked Beans
Chocolate & Orange Brownie 	Fruit & Chocolate Pinwheel 	Strawberry Jelly & Peaches 	Ice Cream with Peach & Forest Fruit Melba Sauce 	Jam Tart with Custard

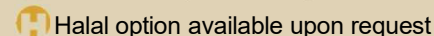
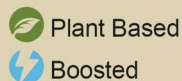


PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY
Unless specified, all our desserts are vegetarian.



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:



Feeding Hungry Minds



WEEK 2 MENU

Week commencing:
20-Apr 11-May 01-Jun
22-Jun 13-Jul 03-Aug
24-Aug 14-Sep 05-Oct
26-Oct



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bouncy Bean Burrito with Fusilli Pasta Veggie and mixed bean burrito served with fusilli pasta. 	Stir Fry & Egg Noodles Stir fried veggies with egg noodles. 	Tomato & Cheese Galette Flaky pastry crust filled with tomato and cheese. 	Hand-Stretched Margherita Pizza with Garlic & Herb Wedges 	Plant-Powered Frittata Sweet potato and pepper frittata.
Honey & Ginger Protein Bites with Fusilli Pasta Honey & ginger veggie protein pieces served with fusilli pasta. 	Beef Burger with Cajun Potato Wedges 	Chicken Fricassee with Pasta or Rice Traditional French chicken stew served with pasta or rice. 	Hand-Stretched Meat Feast Pizza with Garlic & Herb Wedges 	Fish Fingers with Oven Baked Chips
Steamed Greens & Sweetcorn 	Coleslaw & Cauliflower 	Sliced Carrots & Sweetcorn 	Green Beans & Carrot Batons 	Peas & Baked Beans
Orange Shortbread 	Apple & Banana Cake 	Orange Jelly & Mandarins 	Lemon & Thyme Cake	Vanilla Ice Cream



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:



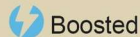
Plant Based



Vegetarian



At least 1 of your 5 a day



Boosted



Low Carbon



Halal option available upon request



























Feeding Hungry Minds



WEEK 3 MENU

Week commencing:
27-Apr 18-May 08-Jun
29-Jun 20-Jul 10-Aug
31-Aug 21-Sep 12-Oct



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mighty Quorn Meatball Pasta in Rich Tomato Sauce  	Scrumptious Mac & Cheese with Mediterranean Focaccia Bread 	Planet-Friendly Chinese Rice Low-carbon Chinese vegetable rice.   	Hand-Stretched Margherita Pizza with Garlic & Paprika Wedges 	Cheese & Tomato Quiche with Oven Baked Chips 
Pasta Power Bake Cheese and tomato penne pasta bake.  	Chicken Chilli Con Carne with Rice   	Roast Beef with Golden Roasted Potatoes, Yorkshire Pudding & Gravy 	Hand-Stretched BBQ Chicken Pizza with Garlic & Paprika Wedges 	Fish Fingers with Oven Baked Chips
Broccoli & Cauliflower 	Mexican Sweetcorn & Roasted Courgettes 	Green Cabbage & Carrot Batons 	Herby Green Beans & Cauliflower 	Peas & Baked Beans 
Pear & Chocolate Sponge 	Fruity Flapjack 	Strawberry Jelly & Peaches  	Vanilla Ice Cream	Orange & Cherry Muffin





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



Feeding Hungry Minds