



# 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
<b>Veggie Vibe Fajita with Fluffy Rice</b> Low-carbon veggie chilli fajita served with rice. 	<b>Garden Sausage with Crushed Potatoes &amp; Gravy</b> Quorn sausages served with crushed potatoes and gravy. 	<b>Mexican Rice Wrap</b> Mexican rice wrap packed with garden veggies. 	<b>Hand-Stretched Margherita Pizza with Potato Wedges</b> 	<b>Tomato &amp; Herb Puff Square with Oven Baked Chips</b> 
<b>Plant-Power Pasta Bake with Garlic Bread</b> Roasted veggie and tomato pasta bake served with garlic infused bread. 	<b>Chicken Sausage with Crushed Potatoes &amp; Gravy</b> 	<b>Roast Chicken Breast with Golden Roasted Potatoes &amp; Gravy</b> 	<b>Hand-Stretched Piri Piri Chicken Pizza with Potato Wedges</b> 	<b>Fish Fingers with Oven Baked Chips</b>
<b>Broccoli &amp; Cauliflower</b> 	<b>Veggie Medley</b> 	<b>White Cabbage &amp; Carrot Batons</b> 	<b>Green Bean Slaw &amp; Sweetcorn</b> 	<b>Peas &amp; Baked Beans</b> 
<b>Chocolate &amp; Orange Brownie</b> 	<b>Fruit &amp; Chocolate Pinwheel</b> 	<b>Strawberry Jelly &amp; Peaches</b> 	<b>Ice Cream with Peach &amp; Forest Fruit Melba Sauce</b> 	<b>Jam Tart with Custard</b>

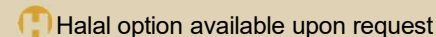
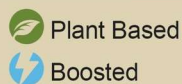


**PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY**  
Unless specified, all our desserts are vegetarian.



Low carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at [www.eatcoolfood.org](http://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
<b>Bouncy Bean Burrito with Fusilli Pasta</b> Veggie and mixed bean burrito served with fusilli pasta. 	<b>Stir Fry &amp; Egg Noodles</b> Stir fried veggies with egg noodles. 	<b>Tomato &amp; Cheese Galette</b> Flaky pastry crust filled with tomato and cheese. 	<b>Hand-Stretched Margherita Pizza with Garlic &amp; Herb Wedges</b> 	<b>Plant-Powered Frittata</b> Sweet potato and pepper frittata. 
<b>Honey &amp; Ginger Protein Bites with Fusilli Pasta</b> Honey & ginger veggie protein pieces served with fusilli pasta. 	<b>Chicken Burger with Cajun Potato Wedges</b> 	<b>Chicken Fricassee with Pasta or Rice</b> Traditional French chicken stew served with pasta or rice. 	<b>Hand-Stretched Cajun Chicken &amp; Sweetcorn Pizza with Garlic &amp; Herb Wedges</b> 	<b>Fish Fingers with Oven Baked Chips</b>
<b>Steamed Greens &amp; Sweetcorn</b> 	<b>Coleslaw &amp; Cauliflower</b> 	<b>Sliced Carrots &amp; Sweetcorn</b> 	<b>Green Beans &amp; Carrot Batons</b> 	<b>Peas &amp; Baked Beans</b> 
<b>Orange Shortbread</b> 	<b>Apple &amp; Banana Cake</b> 	<b>Orange Jelly &amp; Mandarins</b> 	<b>Lemon &amp; Thyme Cake</b>	<b>Vanilla Ice Cream</b>

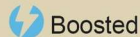
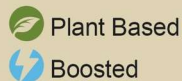


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Menu Key:








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 	Plant-Power Roast with Oven Baked Chips Roasted Quorn Vegan Strips served with oven baked chips. 
Pasta Power Bake Cheese and tomato penne pasta bake.  	Chicken Chilli Con Carne with Rice   	Roast Chicken Breast with Golden Roasted Potatoes & 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



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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



Feeding Hungry Minds