WEEK 1 MENU

PLATES FOR OUR PLANET

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	Chinese Vegetable with Rice	Baked Bean & Cheese Pastry with Roast Potatoes, Gravy & Yorkshire Pudding	Little Heroes Lasagna with Garlic Bread	Quorn Dippers with Chips & Ketchup
Margherita or Sweetcorn Pizza with Garlic & Paprika Wedges	Chicken & Veg Meatballs with Spaghetti	Roast Chicken with Roast Potatoes, Gravy & Yorkshire Pudding	Chicken Fajita with Rice	Fish Fingers with Chips & Ketchup
Sweetcorn & Broccoli	Cauliflower & Green Beans	Carrots & Peas	Sweetcorn & Broccoli	Peas & Baked Beans
Yoghurt Pot with Toppings	Yoghurt Pot with Toppings	Yoghurt Pot with Toppings	Yoghurt Pot with Toppings	Chocolate Sponge

Selection of Jacket Potato available daily
Fruits available daily







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 · Halal · Low Carbon

WEEK 2 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Cheese Tart with Garlic & Herb Wedges	Chef's Special Pasta Bolognese	Quorn Sausage with Mashed Potato & Gravy	Creamy Macaroni Cheese	Quorn Dippers with Chips & Ketchup
Margherita or Roasted Pepper Pizza with Garlic & Herb Wedges	Beef Penne Bolognese	Chicken Sausage with Mashed Potato & Gravy	Chicken Curry with Rice	Fish Fingers or Salmon Fish Fingers with Chips & Ketchup
Green Beans & Sweetcorn	Carrots & Peas	Carrots & Broccoli	Roasted Root Veggies & Green Beans	Baked Beans & Peas
Yoghurt Pot with Toppings	Yoghurt Pot with Toppings	Yoghurt Pot with Toppings	Yoghurt Pot with Toppings	Lemon Cake

Selection of Jacket Potato available daily
Fruits available daily

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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WEEK 3 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef's Special Pasta Bolognese	Quorn Burger with Mexican Rice & Ketchup	BBQ Veggie Strips with Roast Potatoes & Gravy	Creamy Macaroni Cheese	Bean & Veggie Hotpot
Margherita or Sweetcorn & Red Onion Pizza with Cajun Wedges	Chicken Burger with Mexican Rice	Roast Chicken with Roast Potatoes & 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
Yoghurt Pot with Toppings	Yoghurt Pot with Toppings	Yoghurt Pot with Toppings	Yoghurt Pot with Toppings	Vanilla Ice Cream

Selection of Jacket Potato available daily
Fruits available daily







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