



# WEEK 1 MENU



13<sup>th</sup> April 4<sup>th</sup> May 15<sup>th</sup> June 6<sup>th</sup> July 7<sup>th</sup> September 28<sup>th</sup> September 19<sup>th</sup> October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Smoky BBQ Protein Bites with Garlic &amp; Herb Wedges</b> BBQ sauce coated veggie protein pieces served with garlic & herb oven baked wedges. 	<b>Green Earth Curry with Fluffy Rice</b> Low-carbon veggie curry with rice. 	<b>Bean Burst Puff Square with Golden Roasted Potatoes</b> Creamy veggie and butter bean puff squares served with roasted potatoes. 	<b>Chef's Special Pasta Bolognese</b> Low-carbon penne pasta with veggie packed bolognese sauce. 	<b>Golden Nuggets with Chips &amp; Ketchup</b> Quorn dippers served with chips & tomato ketchup. 
<b>Hand-Stretched Margherita Pizza with Garlic &amp; Herb Wedges</b> 	<b>Chicken Tikka Masala with Fluffy Rice</b> 	<b>Roast Chicken with Golden Roasted Potatoes, Yorkshire Pudding and Gravy</b> 	<b>Beef Penne Bolognese with Garlic Infused Bread</b> 	<b>Salmon or White Fish Fingers with Chips &amp; Ketchup</b>
<b>Ham or Cheese Sandwich</b>	<b>Ham or Tuna Sandwich</b>	<b>Ham or Cheese Sandwich</b>	<b>Ham or Tuna Sandwich</b>	<b>Ham or Cheese Sandwich</b>
<b>Sweetcorn &amp; Roasted Courgette</b> 	<b>Peas &amp; Red Cabbage Slaw</b> 	<b>Carrots &amp; Herby Green Beans</b> 	<b>Sweetcorn &amp; Broccoli</b> 	<b>Peas &amp; Baked Beans</b> 
<b>Strawberry Frozen Yoghurt</b>	<b>Orange Drizzle Cake</b>	<b>Orange Jelly &amp; Mandarins</b> 	<b>Chocolate Shortbread</b> 	<b>Peach Crumble with Custard</b> 

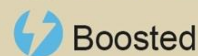
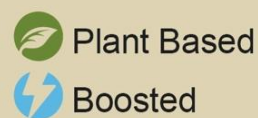


**PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY**  
Unless specified, all our desserts are vegetarian.



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



20<sup>th</sup> April 11<sup>th</sup> May 1<sup>st</sup> June 22<sup>nd</sup> June 13<sup>th</sup> July 14<sup>th</sup> September 5<sup>th</sup> October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fiesta Fuel Wrap with Cajun Wedges</b> Mexican style veggie rice wrap served with cajun oven baked wedges. 	<b>Pasta Power Bake</b> Cheese and tomato penne pasta bake. 	<b>Plant-Power Roast with Crunchy Potatoes</b> Quorn roast served with Patatas Bravas. 	<b>Tangy Chilli Fajita with Fluffy Rice</b> Low-carbon veggie chilli fajita served with rice. 	<b>Cheese &amp; Tomato Quiche with Chips</b> 
<b>Hand-Stretched Roasted Pepper Pizza with Cajun Wedges</b> 	<b>BBQ Chicken Pasta Bake</b> 	<b>Roast Chicken with Patatas Bravas</b> 	<b>Chicken Fajita with Mexican Rice</b> 	<b>Fish Fingers with Chips &amp; Ketchup</b>
<b>Ham or Cheese Sandwich</b>	<b>Ham or Tuna Sandwich</b>	<b>Ham or Cheese Sandwich</b>	<b>Ham or Tuna Sandwich</b>	<b>Ham or Cheese Sandwich</b>
<b>Broccoli &amp; Coleslaw</b> 	<b>Sweetcorn &amp; Red Cabbage Slaw</b> 	<b>Carrots &amp; Peas</b> 	<b>Mediterranean Veggies &amp; Green Beans</b> 	<b>Peas &amp; Baked Beans</b> 
<b>Ice Cream with Peach &amp; Forest Fruit Melba Sauce</b>	<b>Apple Crumble &amp; Custard</b>	<b>Oat Dream Cookie</b>	<b>Vanilla &amp; Peach Sponge</b>	<b>Chocolate Brownie</b>

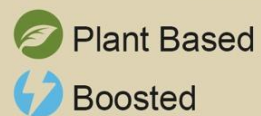


**PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY**  
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Menu Key:



Feeding Hungry Minds



# WEEK 3 MENU



27<sup>th</sup> April 18<sup>th</sup> May 8<sup>th</sup> June 29<sup>th</sup> June 31<sup>st</sup> August 21<sup>st</sup> September 12<sup>th</sup> October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Planet-Friendly Chinese Rice</b> Low-carbon Chinese vegetable rice with veggie protein pieces. 	<b>Scrumptious Mac &amp; Cheese</b> topped with Mediterranean Veggies served with Tomato Focaccia Bread 	<b>Plant-Hero Pasty with Golden Roast Potatoes</b> Quornish Pasty served with roast potatoes. 	<b>Mighty Quorn Meatball Spaghetti in Rich Tomato Sauce</b> 	<b>Cheesy Puff Power with Chips</b> Cheese and tomato puff served with chips. 
<b>Hand-Stretched Sweetcorn Pizza with Garlic &amp; Herb Wedges</b> 	<b>Singapore Chicken Noodles</b> 	<b>Roast Chicken with Golden Roasted Potatoes and Gravy</b> 	<b>Chicken Meatball Spaghetti in Rich Tomato Sauce</b> 	<b>Chicken Goujons or Fish Fingers with Chips &amp; Ketchup</b> 
<b>Ham or Cheese Sandwich</b>	<b>Ham or Tuna Sandwich</b>	<b>Ham or Cheese Sandwich</b>	<b>Ham or Tuna Sandwich</b>	<b>Ham or Cheese Sandwich</b>
<b>Roasted Mediterranean Veggies &amp; Green Beans</b> 	<b>Sweetcorn &amp; Broccoli</b> 	<b>Carrots &amp; Cauliflower</b> 	<b>Sweetcorn &amp; Coleslaw</b> 	<b>Peas &amp; Baked Beans</b> 
<b>Fruit Ice Lolly</b>	<b>Pear &amp; Chocolate Sponge</b> 	<b>Strawberry Jelly</b>	<b>Fresh Fruit Salad and Yoghurt</b> 	<b>Lemon Shortbread</b>



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



Feeding Hungry Minds