



# WEEK 1 MENU

## EARLY YEARS MENU

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>Creamy Vegetable and Butter Bean sauce with Rice</b> 	<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>Margherita Pizza with Garlic &amp; Herb Wedges</b> 	<b>Chicken Tikka Masala with Fluffy Rice</b> 	<b>Roast Chicken with Golden Mashed Potato</b> 	<b>Meaty Penne Bolognese with Garlic Infused Bread</b> 	<b>Salmon or White Fish Fingers with Chips &amp; Ketchup</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>Fresh Fruit &amp; Natural Yoghurt</b>	<b>Fresh Fruit &amp; Natural Yoghurt</b>	<b>Fresh Fruit &amp; Natural Yoghurt</b>	<b>Fresh Fruit &amp; Natural Yoghurt</b>	<b>Fresh Fruit &amp; Natural Yoghurt</b>

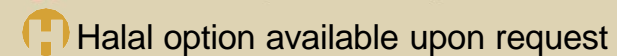
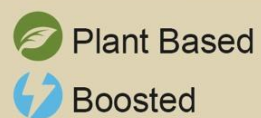


**PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY**  
 Unless specified, all our desserts are vegetarian.



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

## EARLY YEARS MENU

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 Mashed Potato</b> 	<b>Tangy Chilli Fajita with Fluffy Rice</b> Low-carbon veggie chilli fajita served with rice. 	<b>Jacket Potato with Cheese and/or Baked Beans</b> 
<b>Roasted Pepper Pizza with Cajun Wedges</b> 	<b>BBQ Chicken Pasta Bake</b> 	<b>Roast Chicken with Mashed Potato</b> 	<b>Chicken Fajita with Mexican Rice</b> 	<b>Fish Fingers with Chips &amp; Ketchup</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>Fresh Fruit &amp; Natural Yoghurt</b>	<b>Fresh Fruit &amp; Natural Yoghurt</b>	<b>Fresh Fruit &amp; Natural Yoghurt</b>	<b>Fresh Fruit &amp; Natural Yoghurt</b>	<b>Fresh Fruit &amp; Natural Yoghurt</b>

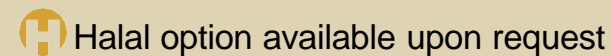
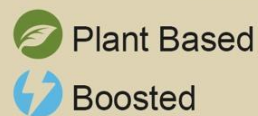


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# WEEK 3 MENU

## EARLY YEARS MENU

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>Quornish Mince with Gravy and Mashed Potato</b> 	<b>Cheese Tomato Pasta Baked</b> 	<b>Golden Nuggets with Chips &amp; Ketchup</b> Quorn dippers served with chips & tomato ketchup. 
<b>Sweetcorn Pizza with Garlic &amp; Paprika Wedges</b> 	<b>Singapore Chicken Noodles</b> 	<b>Roast Chicken with Golden Mashed Potato</b> 	<b>Jacket Potato with Cheese and/or Baked Beans</b> 	<b>Fish Fingers with Chips &amp; Ketchup</b> 
<b>Roasted Mediterranean Veggies &amp; Green Beans</b> 	<b>Sweetcorn &amp; Broccoli</b> 	<b>Carrots &amp; Cauliflower</b> 	<b>Sweetcorn &amp; Red Cabbage Slaw</b> 	<b>Peas &amp; Baked Beans</b> 
<b>Fresh Fruit &amp; Natural Yoghurt</b> 	<b>Fresh Fruit &amp; Natural Yoghurt</b> 	<b>Fresh Fruit &amp; Natural Yoghurt</b> 	<b>Fresh Fruit &amp; Natural Yoghurt</b> 	<b>Fresh Fruit &amp; Natural Yoghurt</b> 

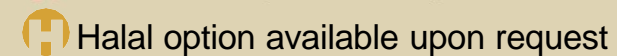
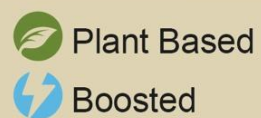


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