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	Rich & Hearty Pasta Bake	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	Beef Lasagna with Garlic Bread	Fish Fingers with Chips & Ketchup
Sweetcorn & Broccoli	Cauliflower & Green Beans	Carrots & Peas	Sweetcorn & Broccoli	Peas & Baked Beans
Yoghurt Bar with Toppings	Yoghurt Bar with Toppings	Yoghurt Bar with Toppings	Yoghurt Bar with Toppings	Chocolate & Beetroot Brownie

Selection of Jacket Potato 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 · Boosted · Low Carbon

WEEK 2 MENU

PLATES FOR OUR PLANET

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	Sweet Potato, Pepper & Coconut Curry with Rice	Roasted Veggie & Bean Taco with Chips
Margherita or Roasted Pepper Pizza with Garlic & Herb Wedges	Beef Penne Bolognese	Chicken Sausage with Mashed Potato & Gravy	Chicken & Sweet Potato 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 Bar with Toppings	Yoghurt Bar with Toppings	Yoghurt Bar with Toppings	Yoghurt Bar with Toppings	Lemon & Courgette Muffin

Selection of Jacket Potato available daily

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Menu Key: Plant Based · Vegetarian · At least 1 of your 5 a day · Boosted · Low Carbon

WEEK 3 MENU

PLATES FOR OUR PLANET

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mexican-style Chilli with Rice	Falafel Burger with Mexican Rice & Ketchup	Cheese & Onion Flan 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	Chicken Goujons or Fish Fingers with Chips & Ketchup
Roasted Mediterranean Veggies & Sweetcorn	Carrots & Peas	Roasted Root Veggies & Green Beans	Sweetcorn & Broccoli	Peas & Baked Beans
Yoghurt Bar with Toppings	Yoghurt Bar with Toppings	Yoghurt Bar with Toppings	Yoghurt Bar with Toppings	Vanilla Ice Cream

Selection of Jacket Potato 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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Menu Key: Plant Based · Vegetarian · At least 1 of your 5 a day · Boosted · Low Carbon