

WEEK 1 MENU

PLATES WITH YOUR PLANET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mighty Quorn Meatball Pasta in Rich Tomato Sauce  	Stir Fry & Egg Noodles Stir fried veggies with egg noodles   	Hand-Stretched Margherita Pizza with Oven Baked Chips 	Goan Vegetable Curry with Rice & Garlic Bread 	Tomato & Herb Puff Square with Oven Baked Chips 
Pasta Power Bake Cheese and tomato penne pasta bake  	Chicken Bolognese with Penne Pasta 	Roast Chicken Drumsticks with Oven Baked Chips 	Chicken Chilli Con Carne with Rice & Garlic Bread   	Fish Fingers with Oven Baked Chips
Curried Cauliflower 	Mexican Sweetcorn & Roasted Courgette 	Coleslaw & Sweetcorn 	Broccoli & Garden Peas 	Baked Beans 
Fruit Salad or Yoghurt	Fruit Salad or Yoghurt	Fruit Salad or Yoghurt	Fruit Salad or Yoghurt	Fruit Salad or Yoghurt

FRESH FRUIT & A PORTION OF YOGURT
AVAILABLE DAILY

SALAD AND FRESHLY BAKED WHOLEMEAL BREAD SERVED DAILY

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

Menu Key:



Plant Based



Boosted



Vegetarian



Low Carbon



At least 1 of your 5 a day



Halal option available upon request



Feeding Hungry Minds