



WEEK 1 MENU

Weeks commencing:

13th April

4th May

15th June

6th July

7th September

28th September

19th October

MONDAY

Chilli Fajita with Rice



Roasted Vegetable & Tomato Pasta Bake



Sweetcorn & Broccoli



Fresh Fruit & Yoghurt



TUESDAY

Vegetable & Chickpea Jambalaya



Jacket Potato with Cheese & Beans



Cajun Roasted Squash and Cous Cous Salad



Vegetable Medley



Fresh Fruit & Yoghurt



WEDNESDAY

Chickpea & Butternut Rogan Josh



Quorn Fillet Strip with Roast Potatoes & Gravy



Flatbread

Cabbage & Carrots



Fresh Fruit & Yoghurt



THURSDAY

Homemade Roasted Pepper Pizza



Tarka Dhal served with Rice



Sweetcorn & Green Bean Slaw



Fresh Fruit & Yoghurt



FRIDAY

Tomato & Herb Puff Squares with Chips



Chickpea & Lentil Curry with Pilau Rice



Flatbread

Peas & Cauliflower



Jam Tart with Custard



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



1 of your 5 a day



Boosted



Low Carbon



Feeding Hungry Minds



WEEK 2 MENU

Weeks commencing:

20th April

1st June

13th July

5th October

11th May

22nd June

14th September

MONDAY

Lentil Bolognese with Fusilli Pasta



Paneer Wrap



Steamed Greens & Sweetcorn

Fresh Fruit & Yoghurt

TUESDAY

Cheese & Leek Potato Boats



Vegetable Stir Fry with Herb Cous Cous



Cauliflower & Red Cabbage Slaw

Fresh Fruit & Yoghurt

WEDNESDAY

Butterbean, Chickpea & Vegetable Curry with Rice

Tomato & Cheese Galette



Flatbread

Carrots & Sweetcorn

Fresh Fruit & Yoghurt

THURSDAY

Homemade Margherita Pizza



Mexican Rice Wrap



Cajun Roasted Squash and Cous Cous Salad



Green Beans & Carrots

Fresh Fruit & Yoghurt

FRIDAY

Roasted Vegetable & Bean Taco



Rajma Masala with Pilau Rice



Flatbread

Peas & Broccoli

Vanilla Ice Cream



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:



Feeding Hungry Minds



WEEK 3 MENU

Weeks commencing:

27th April

18th May

8th June

29th June

31st August

21st September

12th October

MONDAY

Chickpea & Sweet Potato Shakshuka with Rice



Quorn Meatballs in Tomato Sauce with Pasta



Roasted Vegetables & Green Beans



Fresh Fruit & Yoghurt



TUESDAY

Thai Green Vegetable Curry with Pilau Rice



Macaroni Cheese



Flatbread

Mexican Sweetcorn & Roasted Courgettes



Fresh Fruit & Yoghurt



THURSDAY

Homemade Margherita Pizza with Paprika Wedges



Cauliflower, Chickpea & Potato Curry with Rice



Paneer Wrap

Herby Green Beans & Cauliflower



Fresh Fruit & Yoghurt



FRIDAY

Delicious Dippers & Chips with Tomato Ketchup



Cheese & Onion Puff with Chips & Ketchup



Peas & Sweetcorn



Mexican Chocolate Brownie



WEDNESDAY

Chinese Vegetable Rice



Potato, Broccoli & Leek Gratin



Cajun Roasted Squash and Cous Cous Salad

Carrots & Green Cabbage



Fresh Fruit & Yoghurt



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:



Feeding Hungry Minds