WEEK 1 MENU

PLATES FOR OUR PLANET

Weeks Commencing: Nov 2nd, 23rd. Dec 14th, Jan 4th, 25th. Feb 15th. Mar 8th, 29th.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Quorn Burger with Sticky BBQ sauce and Paprika Wedges	Chef's Special Pasta Bolognese	Quorn & Veggie Pie	Mexican-style Chilli with Rice	Sweet Chilli Stir Fry with Noodles
Beef Burger with Sticky BBQ sauce and Paprika Wedges	Beef Penne Bolognese with Garlic Bread	Roast Pork with Mashed or Roast Potatoes, Gravy & Yorkshire Pudding	Margherita Pizza with Cajun Wedges	Breaded Fish with Chips and Ketchup
Sweetcorn & Broccoli	Green Beans & Peas	Carrots & White Cabbage	Sweetcorn & Broccoli	Baked Beans Peas & Mushy Peas
Apple Crumble and Custard	Orange & Lemon Drizzle Cake	Gingerbread Biscuit	Pear & Chocolate Sponge and Chocolate Sauce	Strawberry Jelly

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
- Jacket Potato/Sandwich of the Day

WEEK 2 MENU

PLATES FOR OUR PLANET

Weeks Commencing: Nov 9th, 30th. Dec 21st. Jan 11th. Feb 1st, 22nd. Mar 15th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef's Special Pasta Bolognese	Cheese & Tomato Pinwheel with Potato Wedges	Quornish Puff Pastry with Roast Potatoes	Quorn Sausage with Mashed Potato & Gravy	Quorn Dippers with Chips
Margherita Pizza with Garlic & Herb Wedges	Chicken Korma & Rice	Roast Gammon with Mashed or Roast Potatoes, Gravy & Yorkshire Pudding	Pork Sausage with Mashed Potato & Gravy	Fish Fingers with Chips & Ketchup
Peas & Sweetcorn	Green Beans & Sweetcorn	Carrots & Broccoli	Carrots & Peas	Baked Beans & Peas
Vanilla & Peach Sponge	Pineapple Upside Down Sponge Cake	Chocolate Shortbread	Syrup Sponge	Lemon & Courgette Muffin

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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- Boosted
- Low Carbon
- Jacket Potato/Sandwich of the Day

WEEK 3 MENU

Weeks Commencing: Nov 16th . Dec 7th, 28th. Jan 18th.
Feb 8th. Mar 1st, 22nd

PLATES FOR OUR PLANET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Quorn Meatball Sub & Wedges	Cheese and Bean Wrap & Wedges	Quorn Sausage & Bean Casserole with Roast Potatoes	Plant-Powered Chinese Rice	Little Heroes Lasagna with Tomato Foccacia Bread
Chicken & Sweetcorn Meatballs Sub & Wedges	Cottage Pie	Roast Chicken with Roast Potatoes, Gravy & Yorkshire Pudding	Margherita Pizza with Potato Wedges	Fish Fingers with Chips & Ketchup
Carrots & Peas	Sweetcorn & Vegetable Medley	Carrots & White Cabbage	Green Beans & Sweetcorn	Peas & Baked Beans
Pear & Berry Sponge	Jam Roly Poly and Custard	Oat & Raisin Cookie	Eve's Pudding with Custard	Chocolate Brownie

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- Jacket Potato/Sandwich of the Day