



WEEK 1 MENU

13th April. 4th, 25th May. 15th June
6th July. 7th, 28th Sept. 19th Oct



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rainbow Stir Fry with Egg Noodles Low-carbon veggie stir fry with egg noodles that is good for you and the planet. 	Plant-Power Hot Dog with Wedges Quorn hot dog with oven baked potato wedges. 	Planet-Friendly Savoury Mince with Golden Roasted Potatoes & Yorkshire Pudding Quorn mince served with roasted potatoes and Yorkshire pudding. 	Garden Pasta Bake with Garlic Bread Cheese, tomato, lentil and veggie pasta bake served with garlic infused bread. 	Golden Nuggets with Chips & Ketchup Quorn dippers served with chips & tomato ketchup.
Hand-Stretched Margherita Pizza with Garlic & Herb Potatoes 	Hot Dog with Potato Wedges	Roast Chicken or Gammon with Golden Roasted Potatoes, Yorkshire Pudding and Gravy	Chinese Chicken with Fluffy Rice Honey and soy chicken served with rice.	Battered Fish with Chips & Ketchup
Sweetcorn & Peas 	Mixed Veggie & Coleslaw 	Carrots & Cabbage 	Sweetcorn & Broccoli 	Peas, Baked Beans & Mushy Peas
Vanilla Ice Cream	Vanilla & Peach Sponge 	Chocolate Shortbread 	Pear & Berry Sponge with Custard 	Custard Biscuit



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
 Vegetarian
 Boosted
 Low Carbon
 At least 1 of your 5 a day

