

### **WEEK 1 MENU**

WEEKS: 01,09, 22/09, 13/10, 10/11, 01/12, 05/01, 26/01, 16/02, 16/03



# PLANET FRIENDLY MONDAY

Homemade macaroni cheese served with Homemade tomato bread & roasted Mediterranean vegetables (V)

### **TUESDAY**

Cheese & potato Pie served with, carrots, cauliflower And gravy (V)

# PLANET FRIENDLY WEDNESDAY

Cauliflower & chickpea korma served with rice, naan bread fingers & seasonal vegetables (V)

### THURSDAY

Minty crispy topped Shepherdess's Pie served with Seasonal vegetable (VE)

### FRIDAY

Vegetable nuggets served with chips, garden peas or baked beans & ketchup (VE)

### 2<sup>nd</sup> CHOICE

1<sup>st</sup> CHOICE

Tex Mex bean
Chilli taco
served with
savoury vegetable
Rice
(VE)

Minty crispy topped Shepherd's Pie served with Seasonal vegetable Traffic light
pizza
served with
baked potato wedges,
peas & sweetcorn
(V)

Roast Chicken served with Potatoes, Yorkshire pudding, carrots, cauliflower And gravy

Fish fingers or salmon fish fingers served with chips, garden peas or baked beans & ketchup

# PASTA & JACKETS

Pasta twists with Homemade tomato and vegetable sauce served with fresh salad (VE) Jacket potato
with beans (VE) &
cheese (V) served with
Fresh salad

Jacket potato
with beans (VE) &
cheese (V) served with
Fresh salad

Pasta twists with cheddar cheese sauce with fresh salad (V) Jacket potato
with beans (VE) &
cheese (V) served with
Fresh salad

### **DESSERTS**

Choose One of Our Fabulous Desserts Apple & berry crumble Fruity jelly Fresh fruit pot Choose One of Our Fabulous Desserts Natural yogurt with healthy toppings & fruit compote Or fresh fruit pot Choose One of Our Fabulous Desserts Caramel mousse with Bananas Fruity jelly Fresh fruit pot Choose One of Our Fabulous Desserts Natural yogurt with healthy toppings & fruit compote Or fresh fruit pot Choose One of Our Fabulous Desserts Natural yogurt with healthy toppings & fruit compote Or fresh fruit pot

symbols are provided to highlight if the dishes are Vegetarian or Vegan friendly

Key: Vegetarian (V), Vegan (VE)



## **WEEK 2 MENU**

**TUESDAY** 

WEEKS: 08/09, 29/09, 20/10, 17/11, 08/12, 12/01, 02/02, 02/03, 23/03



# PLANET FRIENDLY MONDAY

Margherita

wholemeal pizza

served with

baked potato wedges.

peas & sweetcorn

(V)

Golden baked falafel
in a pitta bread served with
garlic mayonnaise &
warm cous cous salad
(V)

# PLANET FRIENDLY WEDNESDAY

Sticky Asian

**Powerballs** 

served with

egg fried

vegetable Rice

**(V)** 

Crispy Topped baked lentil Roast served with roast potatoes, carrots, broccoli, Yorkshire pudding and gravy (V)

**THURSDAY** 

Cheese, onion &
mixed Pepper flakey
pastry roll
served with chips, garden
peas or
baked beans & ketchup
(V)

**FRIDAY** 

2<sup>nd</sup> CHOICE

1st CHOICE

Jambalaya Jamboree served with crusty wholemeal bread & salad (VE)

Greek Style chicken shawarma in a pitta bread served with warm cous cous Roasted bean & Vegetable lasagne served with wholemeal garlic & herb bread, fresh salad (V)

Roast turkey served with roast Potatoes, carrots, broccoli, Yorkshire pudding and gravy Breaded fish fingers served with chips, garden peas or baked beans & ketchup

# PASTA & JACKETS

Pasta twists with Homemade tomato and vegetable sauce served with fresh salad (VE) Jacket potato
with beans (VE) &
cheese (V) served with
Fresh salad

Jacket potato
with beans (VE) &
cheese (V) served with
Fresh salad

Pasta twists with cheddar cheese sauce with fresh salad (V)

Jacket potato
with beans (VE) &
cheese (V) served with
Fresh salad

### **DESSERTS**

Choose One of Our Fabulous Desserts Strawberry mousse with Mixed Berry compote Fruity jelly Fresh fruit pot Choose One of Our Fabulous Desserts Natural yogurt with healthy toppings & fruit compote Or fresh fruit pot Choose One of Our Fabulous Desserts Sticky pineapple Cake Fruity jelly Fresh fruit pot Choose One of Our Fabulous Desserts Natural yogurt with healthy toppings & fruit compote Or fresh fruit pot Choose One of Our Fabulous Desserts Natural yogurt with healthy toppings & fruit compote Or fresh fruit pot

symbols are provided to highlight if the dishes are Vegetarian or Vegan friendly

Key: Vegetarian (V), Vegan (VE)



### **WEEK 3 MENU**

WEEKS: 15/09, 06/10, 03/11, 24/11, 15/12, 19/01, 09/02, 09/03



# PLANET FRIENDLY MONDAY

Cheese & tomato
Swirl
served with
savoury vegetable
Rice
(v)

### **TUESDAY**

Jerk sweet potato &
black bean
served with
Rice & Bean Stew
(V)

# PLANET FRIENDLY WEDNESDAY

Big bold planet
saving bolognese
served with spaghetti,
wholemeal garlic & herb
bread, Seasonal
vegetable
(VE)

### THURSDAY

Herby quorn Sausage
roast
served with
mashed potatoes,
carrots, cabbage,
Yorkshire pudding and
Gravy (V)

#### FRIDAY

Crispy seaside fingers served with chips, garden peas or baked beans & ketchup (VE)

### 2<sup>nd</sup> CHOICE

1st CHOICE

Rainbow sizzling Chinese stir fry served with Noodles (VE) Jerk marinated chicken thigh served with rice & beans Chefs special moussaka served with wholemeal garlic & herb bread, Seasonal vegetable (V)

Roast Chicken served with mashed Potatoes, carrots, cabbage, Yorkshire pudding and gravy Breaded Fish fillet served with chips, garden peas or Baked beans & ketchup

# PASTA & JACKETS

Pasta twists with Homemade tomato and vegetable sauce served with fresh salad (VE) Jacket potato
with beans (VE) &
cheese (V) served with
Fresh salad

Jacket potato
with beans (VE) &
cheese (V) served with
Fresh salad

Pasta twists with cheddar cheese sauce with fresh salad (V) Jacket potato
with beans (VE) &
cheese (V) served with
Fresh salad

### **DESSERTS**

Choose One of Our Fabulous Desserts Carrot Cake Fruity jelly Fresh fruit pot Choose One of Our Fabulous Desserts Natural yogurt with healthy toppings & fruit compote Or fresh fruit pot Choose One of Our Fabulous Desserts Chocolate mousse with orange wedge Fruity jelly Fresh fruit pot Choose One of Our Fabulous Desserts Natural yogurt with healthy toppings & fruit compote Or fresh fruit pot Choose One of Our Fabulous Desserts Natural yogurt with healthy toppings & fruit compote Or fresh fruit pot

symbols are provided to highlight if the dishes are Vegetarian or Vegan friendly

Key: Vegetarian (V), Vegan (VE)