

PLATE ON  
THE PLATE

# WEEK 1 MENU

## EARLY YEARS MENU

Week commencing:

13-Apr 04-May 25-May  
 15-Jun 06-Jul 27-Jul  
 17-Aug 07-Sep 28-Sep  
 19-Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Veggie Vibe Fajita with Fluffy Rice</b> Low-carbon veggie chilli fajita served with rice. 🌱 🍌 🌱	<b>Garden Sausage with Crushed Potatoes &amp; Gravy</b> Quorn sausages served with crushed potatoes and gravy. 🌱	<b>Mexican Rice Wrap</b> Mexican rice wrap packed with garden veggies. 🌱 🍌	<b>Hand-Stretched Pineapple Pizza with Potato Wedges</b> 🌱 🍌	<b>Vegetable Stir Fry with Noodles</b> 🌱
<b>Plant-Power Pasta Bake with Garlic Bread</b> Roasted veggie and tomato pasta bake served with garlic infused bread. 🌱 🍌	<b>Chicken Sausage with Crushed Potatoes &amp; Gravy</b>	<b>Roast Chicken Breast with Mashed Potatoes &amp; Gravy</b>	<b>Hand-Stretched Piri Piri Chicken Pizza with Potato Wedges</b>	<b>Fish Fingers with Oven Baked Chips</b>
<b>Broccoli &amp; Cauliflower</b> 🍌	<b>Veggie Medley</b> 🍌	<b>White Cabbage &amp; Carrot Batons</b> 🍌	<b>Green Bean Slaw &amp; Sweetcorn</b> 🍌	<b>Peas &amp; Baked Beans</b> 🍌
<b>Fruit Platter &amp; Natural Yoghurt</b>	<b>Fruit Platter &amp; Natural Yoghurt</b>	<b>Strawberry Jelly &amp; Peaches</b> 🌱 🍌	<b>Fruit Platter &amp; Natural Yoghurt</b>	<b>Fruit Platter &amp; Natural Yoghurt</b>



**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.eatsoofood.org](http://www.eatsoofood.org)

Menu Key:

🌱 Plant Based  
 🍌 Boosted

🌱 Vegetarian  
 🍌 Low Carbon

🍌 At least 1 of your 5 a day



# WEEK 2 MENU

## EARLY YEARS MENU

Week commencing:

20-Apr	11-May	01-Jun
22-Jun	13-Jul	03-Aug
24-Aug	14-Sep	05-Oct
26-Oct		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Bouncy Bean Burrito with Fusilli Pasta</b> Veggie and mixed bean burrito served with fusilli pasta. 	<b>Stir Fry &amp; Egg Noodles</b> Stir fried veggies with egg noodles. 	<b>Vegetable Quesadilla with Rice</b> 	<b>Hand-Stretched Margherita Pizza with Garlic &amp; Herb Wedges</b> 	<b>Plant-Powered Frittata</b> Sweet potato and pepper frittata. 
<b>Honey &amp; Ginger Protein Bites with Fusilli Pasta</b> Honey & ginger veggie protein pieces served with fusilli pasta. 	<b>Chicken Burger with Cajun Potato Wedges</b> 	<b>Chicken Fricassee with Pasta or Rice</b> Traditional French chicken stew served with pasta or rice. 	<b>Hand-Stretched Meat Feast Pizza with Garlic &amp; Herb Wedges</b>	<b>Fish Fingers with Oven Baked Chips</b>
<b>Steamed Greens &amp; Sweetcorn</b> 	<b>Coleslaw &amp; Cauliflower</b> 	<b>Sliced Carrots &amp; Sweetcorn</b> 	<b>Green Beans &amp; Carrot Batons</b> 	<b>Peas &amp; Baked Beans</b> 
<b>Fruit Platter &amp; Natural Yoghurt</b>	<b>Fruit Platter &amp; Natural Yoghurt</b>	<b>Orange Jelly &amp; Mandarins</b> 	<b>Fruit Platter &amp; Natural Yoghurt</b>	<b>Fruit Platter &amp; Natural Yoghurt</b>



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Menu Key:

Plant Based  
 Boosted

Vegetarian  
 Low Carbon

At least 1 of your 5 a day

PLATES FOR THE PLANET

# WEEK 3 MENU

Week commencing:  
 27-Apr 18-May 08-Jun  
 29-Jun 20-Jul 10-Aug  
 31-Aug 21-Sep 12-Oct

## EARLY YEARS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Quorn Chilli Con Carne with Rice 	Scrumptious Mac & Cheese with Mediterranean Focaccia Bread 	Planet-Friendly Chinese Rice Low-carbon Chinese vegetable rice.  	Hand-Stretched Margherita Pizza with Garlic & Paprika Wedges 	Plant-Power Roast with Oven Baked Chips Quorn roast served with oven baked chips. 
Pasta Power Bake Cheese and tomato penne pasta bake.  	Chicken Chilli Con Carne with Rice  	Roast Chicken Breast with Mashed Potatoes & Gravy  	Hand-Stretched BBQ Chicken Pizza with Garlic & Paprika Wedges 	Fish Fingers with Oven Baked Chips 
Broccoli & Cauliflower 	Mexican Sweetcorn & Roasted Courgettes 	Green Cabbage & Carrot Batons 	Herby Green Beans & Cauliflower 	Peas & Baked Beans 
Fruit Platter & Natural Yoghurt 	Fruit Platter & Natural Yoghurt 	Strawberry Jelly & Peaches  	Fruit Platter & Natural Yoghurt 	Fruit Platter & Natural Yoghurt 







**PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY**  
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Menu Key:

 Plant Based  
 Boosted

 Vegetarian  
 Low Carbon

 At least 1 of your 5 a day

