

PLATES FOR THE PLANET

WEEK 1 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
Veggie Vibe Fajita with Fluffy Rice Low-carbon veggie chilli fajita served with rice. 🌱 🌱 🌱 🌱	Garden Sausage with Crushed Potatoes & Gravy Quorn sausages served with crushed potatoes and gravy. 🌱	Mexican Rice Wrap Mexican rice wrap packed with garden veggies. 🌱 🌱 🌱	Hand-Stretched Pineapple Pizza with Potato Wedges 🌱 🌱 🌱	Tomato & Herb Puff Square with Oven Baked Chips 🌱
Plant-Power Pasta Bake with Garlic Bread Roasted veggie and tomato pasta bake served with garlic infused bread. 🌱 🌱	Chicken Sausage with Crushed Potatoes & Gravy	Roast Chicken Breast with Golden Roasted Potatoes & Gravy	Hand-Stretched Piri Piri Chicken Pizza with Potato Wedges	Fish Fingers with Oven Baked Chips
Broccoli & Cauliflower 🌱 🌱	Veggie Medley 🌱 🌱	White Cabbage & Carrot Batons 🌱 🌱	Green Bean Slaw & Sweetcorn 🌱 🌱	Peas & Baked Beans 🌱
Chocolate & Orange Brownie 🌱	Fruit & Chocolate Pinwheel 🌱	Strawberry Jelly & Peaches 🌱 🌱 🌱	Ice Cream with Peach & Forest Fruit Melba Sauce 🌱	Jam Tart with Custard 🌱



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.eatcoofood.org

Menu Key:
 🌱 Plant Based
 🌱 Boosted
 🌱 Vegetarian
 🌱 Low Carbon
 🌱 At least 1 of your 5 a day



Feeding Hungry Minds

PLATES
OR
PLANTS

WEEK 2 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
Bouncy Bean Burrito with Fusilli Pasta Veggie and mixed bean burrito served with fusilli pasta.	Stir Fry & Egg Noodles Stir-fried veggies with egg noodles.	Tomato & Cheese Galette Flaky pastry crust filled with tomato and cheese.	Hand-Stretched Margherita Pizza with Garlic & Herb Wedges	Plant-Powered Frittata Sweet potato and pepper frittata.
Honey & Ginger Protein Bites with Fusilli Pasta Honey & ginger veggie protein pieces served with fusilli pasta.	Beef Burger with Cajun Potato Wedges	Chicken Fricassee with Pasta or Rice Traditional French chicken stew served with pasta or rice.	Hand-Stretched Meat Feast Pizza with Garlic & Herb Wedges	Fish Fingers with Oven Baked Chips
Steamed Greens & Sweetcorn	Coleslaw & Cauliflower	Sliced Carrots & Sweetcorn	Green Beans & Carrot Batons	Peas & Baked Beans
Orange Shortbread	Apple & Banana Cake	Orange Jelly & Mandarins	Lemon & Thyme Cake	Vanilla Ice Cream

FRESH FRUIT & A PORTION OF DAIRY
 AVAILABLE DAILY

WHOLEMEAL BREAD SERVED DAILY
 SALAD AND FRESHLY BAKED

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





WEEK 3 MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mighty Quorn Meatball Pasta in Rich Tomato Sauce 	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 Roasted Quorn Vegan Strips served with oven baked chips.
Pasta Power Bake Cheese and tomato penne pasta bake. 	Chicken Chilli Con Carne with Rice 	Roast Chicken Breast with Golden Roasted 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
Pear & Chocolate Sponge 	Fruity Flapjack 	Strawberry Jelly & Peaches 	Vanilla Ice Cream	Orange & Cherry Muffin



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

