Sweetcorn & Broccoli 🖤

Cheese & Crackers

Peas & Cauliflower 🐨

Jacket Potato -

Jacket Potato with BBQ Bakec Beans

Halal Beef Keema Curry with Rice Beef Keema Curry with Rice

Halal Roast Chicken with Roast

Potatoes & Gravy

Cheese & Crackers V

Chicken & Sweetcorn Meatball

In Tomato Sauce

Rajma Masala with Rice ®

Monday

Macaroni Cheese

Tuesday

Carrots & Green Beans 💎

Cheese & Crackers W

Bean/Cheese/Tuna Mayo Jacket Potato -

Cheese & Tomato Pasta V

Cheese & Crackers

## Friday

Key

Vegetable & Lentil Bolognese Fish Fingers & Chips with Pasta 🕆

Bean/Cheese/Tuna Mayo Peas & Baked Beans W Jacket Potato -

Vegetarian

3

Cheese & Crackers W

# Monday

Quorn Burger in a Bun 🕔

Jacket Potato -Bean/Cheese/Tuna Mayo

WEEK 2

Halal Beef Chill Con Carne with Rice Beef Chilli Con Carne with Rice

Carrots & Vegetable Medley \*\* Cheese & Crackers W

# Quorn Sausage with Mashed Potato & Gravy W

Tuesday

Chicken Sausage with Mashec Potato & Gravy

Jacket Potato with Vegetable Bolognese Halal Chicken Sausage with Mashed Potato & Gravy

## Broccoli & Sweetcorn & Cheese & Crackers V

## Roasted Soya Strips with Roast Potatoes & Gravy Wednesday

Week Commencing: 7, 28 NOV / 19 DEC / 9, 30 JAN / 20 FEB / 13 MAR / 3 APR

Roast Beef With Roast Potatoes

Halal Roast Beef With Roast Potatoes & Gravy Jacket Potato -

Bean/Cheese/Tuna Mayo Peas & Carrots 🐨

Cheese & Crackers

## Friday

Tomato, Lentil & Bean Pasta Margherita Pizza W

Jacket Potato -

Thursday

Quorn Nuggets with Chips W Fish Fingers & Chips -

Bean/Cheese/Tuna Mayo Peas & Baked Beans W Cheese & Crackers V

Jacket Potato with Vegetable & Chickpea Balti

Bake 💎

Sweetcorn & Green Beans

Cheese & Crackers W

# Monday

Vegetable & Chickpea Jambalaya 🙄

-balal Jerk Chicken, Rice & Peas Jacket Potato with Vegetable

Carrots & Green Beans Cheese & Crackers W

Jerk Chicken, Rice & Peas

WEEK 3

# Tuesday

## Cheese & Bean Fajita V Beef Pasta Bolognese

# Cheese & Crackers W Peas & Sweetcorn V

### Halal Beef Pasta Bolognese Bean/Cheese/Tuna Mayo Jacket Potato -

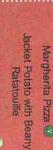
Potatoes & Gravy

### Carrots & Green Beans 1 Bean/Cheese/Tuna Mayo Cheese & Crackers V Jacket Potato -

### Halal Roast Chicken with Roast Chickpea & Vegetable Tagine with Lemon Cous Cous & Roast Chicken with Roast Potatoes & Gravy

Week Commencing: 14 NOV / 5 DEC / 16 JAN / 6, 27 FEB / 20 MAR

Wednesday



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# Friday

Cheese & Tomato Whirl with Chips W

Roasted Vegetable Lasagne W

Thursday

Fish Fingers & Chips -

Bean/Cheese/Salmon Mayo Peas & Baked Beans 🖤 Jacket Potato -

Cheese & Crackers V

### Plant Based morbe.

Sustainably Caught Fish



# THE RECIPES AT HOME?

healthier for you & the planet has all those extra benefits family favourite, this recipe although just as popular Spaghetti Bolognese is a





emissions by an average of with these new recipes: We've reduced our CO2 420g per meal

petrol car for almost a mile driving a medium sized That's the equivalent of

# CONTACT US:



**Nutrition Guidance** 



TO VISIT OUR CTICK HERE

WEBSITE

# BETTER FOR YOU

# healthiest menu yet! Welcome to our

We've been working hard to continue to improve our recipes so they're just as delicious but also better for you and the planet!

based proteins such as red lentils and borlotti beans One way we've done this is by adding more plant and that's meant...



SATURATED FAT **BY 8%** PER PORTION



5-A-DAY LENTILS & BEANS
WHICH CONTRIBUTE WE'VE ADDED



WE'VE INCREASED FIBRE BY ABOUT







# MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE!

are sustainably sourced and bette Our our meals are balanced and made from ingredients which for animal welfare.



OVER 80% OF OUR DISHES ARE FRESHLY PREPARED EACH DAY

ALL OF THE EGGS WE USE ARE FREE RANGE & RSPCA ASSURED



partnership with Love British Food. - a fact we love to show off through our and UK suppliers wherever possible Our ingredients are sourced from local

# THE METAL SET



CHOOSING FREE SCHOOL MEALS

If your child is in key stage 1 or your family is entitled to certain benefits - it could save you around £400 every year.



great ingredients Few places offer homemade two course meals made from OUR MEALS OFFER GREAT VALUE

