

Week Commencing: 31 OCT / 21 NOV / 12 DEC / 2. 23 JAN / 13 FEB / 6. 27 MAR

Monday	Tuesday	Wednesday	Thursday	Friday
Rajma Masala with Rice Chicken & Sweetcorn Meatballs In Tomato Sauce Halal Chicken & Sweetcorn Meatballs in Sauce Jacket Potato - Bean/Cheese/Tuna Mayo Sweetcorn & Broccoli Cheese & Crackers	Macaroni Cheese Beef/Keema Curry with Rice Halal Beef Keema Curry with Rice Jacket Potato with BBQ Baked Beans Peas & Cauliflower Cheese & Crackers	Vegetable Biryani Roast Chicken with Roast Potatoes & Gravy Halal Roast Chicken with Roast Potatoes & Gravy Jacket Potato - Bean/Cheese/Tuna Mayo Carrots & Green Beans Cheese & Crackers	Cheese & Tomato Pasta Margherita Pizza Jacket Potato with Ratatouille Sweetcorn & Vegetable Medley Cheese & Crackers	Vegetable & Lentil Bolognese with Pasta Fish Fingers & Chips Jacket Potato - Bean/Cheese/Tuna Mayo Peas & Baked Beans Cheese & Crackers

WEEK 1

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

Monday	Tuesday	Wednesday	Thursday	Friday
Quorn Burger in a Bun Beef Chilli Con Carne with Rice Halal Beef Chilli Con Carne with Rice Jacket Potato - Bean/Cheese/Tuna Mayo Carrots & Vegetable Medley Cheese & Crackers	Quorn Sausage with Mashed Potato & Gravy Chicken Sausage with Mashed Potato & Gravy Halal Chicken Sausage with Mashed Potato & Gravy Jacket Potato with Vegetable Bolognese Broccoli & Sweetcorn Cheese & Crackers	Roasted Soya Strips with Roast Potatoes & Gravy Roast Beef With Roast Potatoes & Gravy Halal Roast Beef With Roast Potatoes & Gravy Jacket Potato - Bean/Cheese/Tuna Mayo Peas & Carrots Cheese & Crackers	Margherita Pizza Tomato, Lentil & Bean Pasta Bake Jacket Potato with Vegetable & Chickpea Balli Sweetcorn & Green Beans Cheese & Crackers	Quorn Nuggets with Chips Fish Fingers & Chips Jacket Potato - Bean/Cheese/Tuna Mayo Peas & Baked Beans Cheese & Crackers

WEEK 2

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

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable & Chickpea Jambalaya Jerk Chicken, Rice & Peas Halal Jerk Chicken, Rice & Peas Jacket Potato with Vegetable Bean Chilli Carrots & Green Beans Cheese & Crackers	Cheese & Bean Fajita Beef Pasta Bolognese Halal Beef Pasta Bolognese Jacket Potato - Bean/Cheese/Tuna Mayo Peas & Sweetcorn Cheese & Crackers	Chickpea & Vegetable Tagline with Lemon Cous Cous Roast Chicken with Roast Potatoes & Gravy Halal Roast Chicken with Roast Potatoes & Gravy Jacket Potato - Bean/Cheese/Tuna Mayo Carrots & Green Beans Cheese & Crackers	Roasted Vegetable Lasagne Margherita Pizza Jacket Potato with Bean/Ratatouille Broccoli & Sweetcorn Cheese & Crackers	Cheese & Tomato Whirl with Chips Fish Fingers & Chips Jacket Potato - Bean/Cheese/Salmon Mayo Peas & Baked Beans Cheese & Crackers

WEEK 3

Key



Vegetarian



Plant Based

Vegan Friendly



Sustainably Caught Fish

WHY NOT TRY ONE OF THE RECIPES AT HOME?

Spaghett Bolognaise is a family favourite, this recipe has all those extra benefits - healthier for you & the planet!



Our nutritionists talk about the benefits of the new recipes!

We've reduced our CO₂ emissions by an average of **420g per meal** with these new recipes! That's the equivalent of driving a medium sized petrol car for almost a mile.



CONTACT US:

-  Payments and Meal Ordering
-  Nutrition Guidance

BETTER FOR YOU, BETTER FOR THE PLANET

Welcome to our healthiest menu yet!

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!

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



WE'VE REDUCED SATURATED FAT BY 80% PER PORTION



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



WE'VE INCREASED FIBRE BY ABOUT 60% PER A PORTION

CLICK HERE TO VISIT OUR WEBSITE



Feeding Hungry Minds

MADE FROM GREAT INGREDIENTS, BY AWESOME PEOPLE!

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



OVER 80% OF OUR DISHES ARE FRESHLY PREPARED EACH DAY

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



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

Terrific VALUE...AND ABSOLUTELY FREE



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.



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



Sophie Crosswaite, Nutritionist, Shares her thoughts on the value of school lunches