



## Your New Menus

On the following pages you will find your new indicative menus for the start of the term.

We are also extremely proud to introduce your new **Green Earth Monday** initiative. All dishes served on a Monday contain plant-based proteins and nutritional benefits. We have listed some key areas below:

- Our menus contain a balance of all the key nutrients required to nourish and fuel young minds.
- Plant power (plant-based protein) is brilliant for the health of the young people we serve, as well as the health of our planet.
- By increasing plant-based proteins we're improving many nutritional benefits. As well as being rich in fibre, vitamins, and minerals, they are low in saturated fat, can support a healthy digestive system and can help to keep your heart healthy.
- Our school menus now produce on average 22,910kg less carbon dioxide per week, which is a reduction of 719g per meal on average.



|                        | Green Earth Monday                            | Tuesday   | Wednesday   | Thursday   | Friday                                       |
|------------------------|---|---|---|--|--|
| <b>SOUP OF THE DAY</b> | Chunky Vegetable Soup                         | Pea & Mint Soup   | Curried Cauliflower Soup  | Curried Sweet Potato Soup                            | Tuscan Bean Soup                             |
| <b>STAR DISH</b>       | Garlic Mushroom Mac 'n' Cheese, Crispy Onions | Minced Beef and Onion Pie                                   | Oven Baked Sausages with Yorkshire Pudding & Onion Gravy                | Chicken & Vegetable Burrito                          | Sustainably Sourced Fish & Chips             |
| <b>MEAT FREE</b>       | Cheese and Potato Pie                         | Butternut Squash, Cauliflower Curry served with Rice        | Vegetarian Cottage Pie  | Red Onion & Cheese Quiche                            | Quorn Fajita & Chips                         |
| <b>GRAB &amp; GO</b>   | Thai Massaman Aubergine Curry & Rice Pot      | Fish Burger   | BBQ Chicken Pasta Pot   | Meatball Marinara Sub                                | Crispy Sweet Chilli Chicken Wrap             |
|                        | Broccoli, Sweetcorn, Baked Beans, Mixed Salad | Creamed Potatoes, Mixed Vegetables Baked Beans, Mixed Salad | Thyme Roasted Potatoes, Carrots & Cauliflower, Baked Beans, Mixed Salad | Potato Wedges, Green Beans, Baked Beans, Mixed Salad | Chips, Garden Peas, Baked Beans, Mixed Salad |
| <b>HOT PUDS</b>        | Hot Dessert of the Day                        | Hot Dessert of the Day                                      | Hot Dessert of the Day  | Hot Dessert of the Day                               | Hot Dessert of the Day                       |

**AVAILABLE DAILY**  
 Filled Baked Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads.  
 Fresh Fruit Salad, Hot & Cold Drinks



|                        | Green Earth Monday                               | Tuesday   | Wednesday  | Thursday   | Friday   |
|------------------------|--|---|--|--|--|
| <b>SOUP OF THE DAY</b> | Tomato Soup                                      | Sweetcorn Soup  | Cauliflower & Cheese Soup  | Carrot Soup                                      | Leek & Potato Soup                                     |
| <b>STAR DISH</b>       | Potato, Spinach & Chickpea Korma Mini Naan       | Chinese Style Chicken Curry                           | Roast of the Day   | Mac 'n' Cheese Topped with Firecracker Chicken   | Battered Sustainably Sourced Fish & Chips              |
| <b>MEAT FREE</b>       | Chilli Con Carne served with Mixed Rice (V)      | Buffalo Cauliflower Tortilla with Pickled Red Cabbage | Mediterranean Vegetable En-croute  | Aubergine Shawarma Flatbread                     | Quorn Cheeseburger                                     |
| <b>CRAB &amp; GO</b>   | Tomato & Basil Pasta Pot (Ve)                    | Piri Piri Chicken Meatballs with Pasta                | Hot Roast of the Day Baguette  | Jamaican Chicken Curry, Rice & Peas              | Smokey BBQ Hexadilla                                   |
|                        | Peas, Roasted, Carrots, Baked Beans, Mixed Salad | Green beans, Sweetcorn, Baked Beans, Mixed Salad      | Thyme Roasted Potatoes, Savoy Cabbage, Carrots, Baked Beans, Mixed Salad | Sweetcorn, Garden Peas, Baked Beans, Mixed Salad | Chipped Potatoes, Mushy Peas, Baked Beans, Mixed Salad |
| <b>HOT PUDS</b>        | Hot Dessert of the Day                           | Hot Dessert of the Day                                | Hot Dessert of the Day   | Hot Dessert of the Day                           | Hot Dessert of the Day                                 |

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Filled Baked Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads.  
Fresh Fruit Salad, Hot & Cold Drinks



|                | Green Earth Monday   | Tuesday                                       | Wednesday  | Thursday   | Friday  |
|----------------|--|---|--|--|---|
| SUP OF THE DAY | Spicy Parsnip Soup   | Potato & Parsley Soup                         | Onion Soup   | Tomato Soup  | Lentil Soup   |
| STAR DISH      | Sweet & Sour Vegetables with Wholegrain & White Rice             | Chicken & Sweetcorn Pie with Mash             | Savoury Mince with Yorkshire Pudding & Roast Potatoes              | Barbecue Pulled Pork/Chicken with Wholegrain & White Rice            | Battered Sustainably Sourced Fish & Chips               |
| MEAT FREE      | Cheese & Onion Puff Pastry Roll                                  | Creamy Spinach & Mushroom Gnocchi             | Savoury Mince & Yorkshire Pudding Or Plant Based Mince & Onions    | Veggie Meatballs with Spicy Tomato Sauce & Pasta                     | BBQ Vegetable Sausage Casserole & Chips                 |
| GRAB & GO      | Red Pesto & Roasted Vegetable Pasta                              | Chinese Style Dirty Rice (Ve)                 | Thai Green Vegetable Curry with Noodles                            | Turkish Lentil Kofte Wrap with Tzatziki Dressing                     | Popcorn Chicken & Fries                                 |
|                | Herby Baked Potatoes, Mixed Vegetables, Baked Beans, Mixed Salad | Carrot, Green Beans, Baked Beans, Mixed Salad | Thyme Roasted Potatoes, Carrots, Broccoli Baked Beans, Mixed Salad | Carrots, Cauliflower, Baked Skin on Wedges, Baked Beans, Mixed Salad | Chips, Mushy Peas, Garden Peas Baked Beans, Mixed Salad |
| HOT PUDS       | Hot Dessert of the Day   | Hot Dessert of the Day                        | Hot Dessert of the Day   | Hot Dessert of the Day   | Hot Dessert of the Day                                  |

### AVAILABLE DAILY

Filled Baked Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads.  
Fresh Fruit Salad, Hot & Cold Drinks