

Weeks Commencing:
16/11/26, 07/12/36, 28/12/26, 18/01/27, 08/02/27, 01/03/27, 22/03/27

PLATES FOR ONE PLANET

WEEK 3 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
White Pizza Baguette with Pesto Pasta Salad	BBQ Veggie Strips with Spicy Rice	Sweet Chilli Stir Fry with Noodles	Quorn Meatballs in Rich Tomato Sauce & Penne Pasta	Little Heroes Lasagna with Tomato Focaccia
Chicken & Sweetcorn Meatballs in Rich Tomato Sauce & Penne Pasta	Mexican Chicken Wrap with Spicy Rice	Roast Chicken with Roast Potatoes, Gravy & Yorkshire Pudding	Margherita Pizza with Garlic & Herb Potatoes	Fish Fingers with Chips & Ketchup
Veggie Medley	Coleslaw & Mexican Sweetcorn	Broccoli & Roasted Parsnip	Sweetcorn & Herby Greens	Peas & Baked Beans
Fruit or Yoghurt	Eve's Pudding with Custard	Fruit or Yoghurt	Chocolate Brownie	Fruit or Yoghurt



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
 Halal option available upon request

