










WEEK ONE – SPRING SUMMER

(Ve) Vegan Option
(V) Vegetarian Option

MAKE



	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Mexican Vegetable Quesadilla with Warm Nachos (V) 	Chilli Con Carne with Yucatean Rice 	Roast Gammon with Gravy & Roasties	Paprika Chicken & Sri Lankan Dhal with Steamed Mixed Rice 	Sustainably Sourced Battered Fish & Chips or Grilled Sausage & Chips
MEAT FREE	Aubergine Shawarma Flatbread (Ve) 	Chilli Sin Carne with Yucatean Rice (Ve) 	Roast Quorn with Gravy & Roasties	Roasted Coriander Aubergine & Sri Lankan Dahl with Steamed Mixed Rice (Ve) 	Cheese & Tomato Pizza & Chips
GRAB & GO	Vegan Sausage Roll (Ve)	Cheesy Meatball Arrabiata, Grilled Italian Bread	Pepperoni or Cheese & Tomato Pizza Baguette	Buffalo Hot Dog	Pepperoni Pizza & Chips
	Broccoli, Baked Beans, Mixed Salad, Rice	Fajita Roasted Sweetcorn & Peppers, Baked Beans, Mixed Salad	Country Mixed Vegetables, Baked Beans, Mixed Salad	Baked Beans, Garden Salad, Sri Lankan Vegetable Salad, Wedges	Peas, Baked Beans, Mixed Salad
HOT PUDS	Chocolate Rock Cake	Jam Bun	Iced Ginger Cake	Giant Chocolate Cookie	Lemon Curd Bun

Portion(s) of fruit or veg 	Source of Wholegrain 	Contains plant-based proteins 
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WEEK TWO – SPRING SUMMER

(Ve) Vegan Option

(V) Vegetarian Option

MAKE



	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
	Cheese & Tomato 'Pizza' Macaroni Cheese (V)	Mexican Beef Rice Bowl with Crispy Baked Tortilla, Lettuce & Salsa 	Moroccan Chicken Tagine with Fluffy Couscous 	Korean Sweet & Sour Chicken with Steamed Rice 	Sustainably Sourced Battered Fish & Chips or Oven Baked Chicken Nuggets & Chips
	Roasted Cauliflower, Chickpea & Coconut Curry with Steamed Rice (Ve) 	Mexican Quorn Rice Bowl with Crispy Baked Tortilla, Lettuce & Salsa (V) 	Moroccan Chickpea & Lemon Tagine with Fluffy Couscous (Ve) 	Korean Sweet & Sour Vegetables with Steamed Rice (Ve) 	Cheese & Tomato Pizza & Chips (V)
	Dirty Quorn & Cheesy Bean Burger (V) 	Fish Finger Bap with Mayo or Ketchup	BBQ Chicken Snack Wrap	Veggie Breakfast Frittata (V)	Pepperoni Pizza & Chips
	Baked Beans, Garden Salad, Garlic Bread, Green Beans	Baked Beans, Fajita Roasted Sweetcorn & Peppers, Garden Salad, Coleslaw	Baked Beans, Broccoli, Garden Salad	Baked Beans, Asian Slaw, Garlic Green Beans, Garden Salad	Peas, Baked Beans, Mixed Salad
	Lemon & Blueberry Slice	Rock Cake	Iced Vanilla Sponge with Sprinkles	Cornflake Cake	Giant Chocolate Cookie

Portion(s) of fruit or veg



Source of Wholegrain



Contains plant-based proteins



WEEK THREE – SPRING SUMMER




(Ve) Vegan Option

(V) Vegetarian Option

MAKE



	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Spanish Omelette served with Catalan Sauce & Garlic Bread (V)	Chicken & Vegetable Enchilada with Warm Nachos 	Penne Pasta Beef Bolognese Bake 	Japanese Chicken & Edamame Curry with Steamed Mixed Rice 	Sustainably Sourced Battered Fish & Chips Or Oven Baked Chicken Goujons & Chips
MEAT FREE	Veggie Bolognese Pasta Bake (V) 	Mexican Vegetable Tostada (Ve) 	Mediterranean Vegetable Lasagne (V) 	Japanese Roasted Aubergine, Edamame & Sweet Potato Curry with Steamed Mixed Rice (Ve) 	Cheese & Tomato Pizza & Chips (V)
GRAB & GO	Vegetable Cheeseburger (V)	Pepperoni or Cheese & Tomato Pizza Baguette	Halal Chicken Sausage Roll	BBQ Veggie Melt	Pepperoni Pizza & Chips
	Baked Beans, Garden Salad, Garlic Green Beans, Garlic Bread	Baked Beans, Garden Salad, Roasted Sweetcorn, Wedges	Baked Beans, Coleslaw, Garlic Bread, Garden Salad	Baked Beans, Sauté Garlic Green Beans, Asian Slaw	Peas, Baked Beans, Mixed Salad
HOT PUDS	Flapjack	Krispy Bite	Homemade Lemon Drizzle Cake	Iced Orange & Ginger Traybake	Giant Vanilla Cookie

Portion(s) of fruit or veg 	Source of Wholegrain 	Contains plant-based proteins 
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