THIS Week

MONDAY

MEAL D£AL

Choose from

Veggie Sausages

or **Pork Sausages**

served withMashed Potatoes, Gravy & Seasonal Veg

Plus... a Dessert of the day

Channa Burroti

served with Street Rice

TUESDAY

MEAL D£AL

Choose from

Vegetable Chilli

or **Chicken Chilli Con Carne**

served with Rice & Sides

Plus... a Dessert of the day

Margherita

served with Garlic & Paprika Wedges

WEDNESDAY

MEAL D£AL

Choose from

Roast Quorn

or **Roast Chicken**

served with Roast Potatoes, Veg and Gravy

Plus... a Dessert of the day

Penne Pasta in Arrabiata Sauce

served with Garlic Bread

THURSDAY

MEAL D£AL

Choose from

Mac & Cheese with Southern Fried Cauliflower

or **Mac & Cheese with BBQ chicken**

served with Sides

Plus... a Dessert of the day

Vegetable & Mixed Bean Fajita

served with Cajun Wedges

FRIDAY

MEAL D£AL

Choose from

Sweet Potato, Pepper & Coconut Curry with Rice

or **Fish Fingers**

served with Chips and Veg

Plus... a Dessert of the day

Moshi

Thai Vegetable Noodles

JACKETS **Served with a selection of toppings including Grated Cheddar, Tuna or Salmon Mayonnaise, Baked Beans, + daily hot specials**

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY

Low carbon meals have at least 38% lower carbon emissions then the average meal. Learn more about this calculation at www.eatcoolfood.org

- Plant Based
- V Vegetarian
- H Halal option available
- Low Carbon

Week 1

THIS Week

MONDAY

MEAL D£AL

Choose from

Sticky BBQ Quorn Meatballs (V) (cf)

or **Sticky BBQ Chicken Meatballs**

served with Rice & Veg

Plus... a Dessert of the day

Veggie Tinga Fajita

served with Wedges (PB)

TUESDAY

MEAL D£AL

Choose from

Mac & Cheese with Tandoori Squash (V) (cf)

or **Mac & Cheese with Tandoori Chicken**

served with Sides

Plus... a Dessert of the day

Sweetcorn & Red Onion Pizza

served with Garlic & HerbWedges (V)

WEDNESDAY

MEAL D£AL

Choose from

Sweet Potato Veggie Shepherd's Pie (PB) (cf)

or **Roast Chicken**

served with Crispy Potatoes, Veg and Gravy

Plus... a Dessert of the day

Masala Paneer Quesapatti

served with Spiced Street Rice (V)

THURSDAY

MEAL D£AL

Choose from

Peri-Peri Veggie Strips (PB) (cf)

or **Peri-Peri Chicken**

served with Spicy Rice & Sides

Plus... a Dessert of the day

Penne Pasta in Tuscan Bean Sauce

served with Garlic Focaccia (PB)

FRIDAY

MEAL D£AL

Choose from

Quorn Dipper Katsu Curry with Rice & Asian Slaw (V) (cf)

or **Battered Fish**

served with Chips and Veg

Plus... a Dessert of the day

Veggie Chilli

served with Rice (PB)

JACKETS Served with a selection of toppings including Grated Cheddar, Tuna or Salmon Mayonnaise, Baked Beans, + daily hot specials

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY

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- (PB) Plant Based
- (V) Vegetarian
- (H) Halal option available
- (cf) Low Carbon

THIS Week

MONDAY

MEAL D£AL

Choose from

Cajun Mayo Topped Hot Dog (V)

or **Cajun Chicken Thigh Burger**

served with Paprika Wedges & Sides

Plus... a Dessert of the day

Chickpea & Butternut Rogan Josh

served with Rice (Plant Based) (Low Carbon)

TUESDAY

MEAL D£AL

Choose from

Veggie Bolognese (Plant Based) (Low Carbon)

or **Chicken Bolognese**

served with Penne Pasta & Sides

Plus... a Dessert of the day

Vegetable & Mixed Bean Quesadilla

served with Wedges (Plant Based)

WEDNESDAY

MEAL D£AL

Choose from

Cheese & Onion Pasty (V) (Low Carbon)

or **Roast Chicken**

served with Roast Potatoes, Veg & Gravy

Plus... a Dessert of the day

Penne Pasta in Tomato & Herb Sauce

served with Garlic Bread (Plant Based)

THURSDAY

MEAL D£AL

Choose from

Mac & Cheese with Honey & Ginger Veggie Strips (V) (Low Carbon)

or **Mac & Cheese with Chinese Chicken**

served with Sides

Plus... a Dessert of the day

Margherita

served with Garlic & Herb Wedges (V)

FRIDAY

MEAL D£AL

Choose from

Sweet Chilli Quorn Dipper (V) (Low Carbon)

or **Fish Fingers**

served with Chips & Veg

Plus... a Dessert of the day

Masala Paneer Chataco

served with Spiced Rice (V)

JACKETS **Served with a selection of toppings including Grated Cheddar, Tuna or Salmon Mayonnaise, Baked Beans, + daily hot specials**

FRESH SEASONAL VEGGIES AVAILABLE EVERY DAY

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- Plant Based
- Vegetarian
- Halal option available
- Low Carbon

Week 3