



WEEK 1 MENU

Weeks commencing:
 13th April 4th May
 15th June 6th July
 7th September 28th September
 19th October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Smoky BBQ Protein Bites with Herb Couscous BBQ sauce coated veggie protein pieces served with herb couscous.</p> <p> </p>	<p>Scrumptious Mac & Cheese topped with Mediterranean Veggies served with Tomato Focaccia Bread</p> <p></p>	<p>Bouncy Bean Enchillada with Golden Roasted Potatoes & Gravy Pepper and mixed bean enchillada with roasted potatoes and gravy.</p> <p> </p>	<p>Tangy Chilli Fajita with Fluffy Rice Low-carbon veggie chilli fajita served with rice.</p> <p> </p>	<p>Golden Nuggets with Chips & Ketchup Quorn dippers served with chips & tomato ketchup.</p> <p></p>
<p>Green Earth Curry with Fluffy Rice Low-carbon veggie curry with rice.</p> <p> </p>	<p>Chicken Meatball Penne in Rich Tomato Sauce</p> <p></p>	<p>Roast Chicken with Golden Roasted Potatoes & Gravy</p> <p></p>	<p>Chicken Fajita with Mexican Rice</p> <p> </p>	<p>Salmon or White Fish Fingers with Chips & Ketchup</p>
<p>Sweetcorn & Roasted Courgette</p> <p></p>	<p>Peas & Red Cabbage Slaw</p> <p></p>	<p>Carrots & Herby Green Beans</p> <p></p>	<p>Mexican Sweetcorn & Broccoli</p> <p></p>	<p>Peas & Baked Beans</p> <p></p>
<p>Fresh Fruit & Yoghurt</p> <p></p>	<p>Fresh Fruit & Yoghurt</p> <p></p>	<p>Strawberry Frozen Yoghurt</p>	<p>Fresh Fruit & Yoghurt</p> <p></p>	<p>Fresh Fruit & Yoghurt</p> <p></p>



PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY
 Unless specified, all our desserts are vegetarian.



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 Vegetarian At least 1 of your 5 a day
 Boosted Low Carbon Halal option available upon request



Feeding Hungry Minds



WEST ACTON
PRIMARY
SCHOOL

WEEK 2 MENU

Weeks commencing:
20th April 11th May
1st June 22nd June
13th July 14th September
5th October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hoisin Protein Bites with Egg Noodles Hoisin sauce coated veggie protein pieces served with egg noodles. 	Chef's Special Pasta Bolognese with Garlic & Oregano Focaccia Low-carbon penne pasta with veggie packed bolognese sauce served with garlic & oregano focaccia bread. 	Garden Sausage with Mash & Gravy Quorn sausage served with mashed potato and gravy. 	Plant-Power Curry served with Rice Cauliflower, chickpea and potato curry served with pitta bread. 	Cheese & Tomato Puff with Chips & Ketchup
Chow Mein with Egg Noodles Chinese veggie stir fry with egg noodles. 	Lamb Penne Bolognese with Garlic & Oregano Focaccia 	Chicken Sausage with Mash & Gravy 	Chicken Tikka Masala served with Rice & Pitta Bread 	Quorn Burger in a Bun with Chips & Ketchup
Broccoli & Coleslaw 	Sweetcorn & Red Cabbage Slaw 	Carrots & Peas 	Mediterranean Veggies & Green Beans 	Peas & Baked Beans
Fresh Fruit & Yoghurt 	Fresh Fruit & Yoghurt 	Chocolate, Orange & Carrot Brownie	Fresh Fruit & Yoghurt 	Fresh Fruit & Yoghurt



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- Vegetarian
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Feeding Hungry Minds

WEEK 3 MENU

Weeks commencing:

27th April

8th June

31st August

12th October

18th May

29th June

21st September



PLATES FOR
OUR PLANET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Planet-Friendly Chinese Rice</p> <p>Low-carbon Chinese vegetable rice.</p> <p> </p>	<p>Stir Fry & Egg Noodles</p> <p>Stir fried veggies with egg noodles.</p> <p> </p>	<p>Flaky Garden Plait with Golden Roasted Potatoes</p> <p>Butternut and vegetable puff pastry plait served with roasted potatoes.</p> <p> </p>	<p>Mighty Quorn Meatball Spaghetti in Rich Tomato Sauce</p> <p> </p>	<p>Homemade Margherita Pizza with Chips</p> <p></p>
<p>Tarka Dhal with Coriander Rice</p> <p>Traditional Indian lentil dish served with coriander rice.</p> <p> </p>	<p>Singapore Chicken Noodles</p> <p> </p>	<p>Caribbean Brown Chicken Stew with Golden Roasted Potatoes</p> <p></p>	<p>Chicken Meatball Spaghetti in Rich Tomato Sauce</p> <p></p>	<p>Sweet Potato & Pepper Frittata with Chips & Ketchup</p> <p></p>
<p>Mediterranean Veggies & Green Beans</p> <p></p>	<p>Sweetcorn & Broccoli</p> <p></p>	<p>Carrots & Cauliflower</p> <p></p>	<p>Sweetcorn & Coleslaw</p> <p></p>	<p>Peas & Baked Beans</p> <p></p>
<p>Fresh Fruit & Yoghurt</p> <p></p>	<p>Fresh Fruit & Yoghurt</p> <p></p>	<p>Fruit Ice Lolly</p> <p></p>	<p>Fresh Fruit & Yoghurt</p> <p></p>	<p>Fresh Fruit & Yoghurt</p> <p></p>

FRESH FRUIT & A PORTION OF DAIRY
AVAILABLE DAILY

SALAD AND FRESHLY BAKED
WHOLEMEAL BREAD SERVED DAILY

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