














Grab & Go Menu



WEEK ONE – AUTUMN WINTER

(Ve) vegan option

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
	Homemade Macaroni Cheese with Crispy Fried Onions	Homemade Beef & Vegetable Pastry Pie 	Traditional Pork Sausage Toad in the Hole & Onion Gravy	Smoky BBQ Chicken & Vegetable Burrito 	Sustainably Sourced Battered Fish & Chips
	Smoky Mexican Five Bean Tart	Butternut Squash & Cauliflower Curry with Rice (ve) 	Cheese & Onion Puff Pastry Roll & Oven Baked Wedges	All Day Breakfast Quorn Sausage Burrito (ve) 	Cheese & Tomato Pizza & Chips
	Broccoli, Sweetcorn, Baked Beans, Coleslaw Salad, Mixed Salad 	Mashed Potato, Rice, Mixed Vegetables, Baked Beans, Mixed Salad 	Thyme Roasted Potatoes, Carrots & Cauliflower, Baked Beans, Mixed Salad 	Potato Wedges, Green Beans, Baked Beans, Mixed Salad 	Peas, Baked Beans, Mixed Salad 
	Hearty Apple Crumble (ve) 	Golden Syrup Sponge (ve) with Custard	Homemade Jam Sponge (ve)	Marble Sponge Cake (ve) with Custard	Giant Chocolate Cookie (ve)











Grab & Go Menu



WEEK TWO – AUTUMN WINTER

(Ve) vegan option














Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Macaroni Cheese with Crispy Fried Onions	Chinese Style Chicken Meatballs & Rice 	Roast Gammon with Gravy	Caribbean Jerk Chicken with Rice & Peas 	Sustainably Sourced Battered Fish & Chips
Homemade Plant-Based Cottage Pie 	Buffalo Coated Roast, Cauliflower Tortilla with Pickled Red Cabbage Slaw 	Mexican Vegetable Tostada with Spicy Mixed Peppers, Tomatoes & Beans 	Cheese & Onion Puff Pastry Roll & Oven Baked Wedges	Cheese & Tomato Pizza & Chips
Peas, Roasted Cumin 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 	Peas, Baked Beans, Mixed Salad 
Chocolate Shortbread (ve)	Banana Sponge (ve) & Custard	Lemon Drizzle Cake (ve)	Marble Sponge (ve) & Custard	Iced Vanilla Sponge (ve)

Grab & Go Menu



WEEK THREE – AUTUMN WINTER

(Ve) vegan option

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
STAR DISH	Indian Spiced Butternut Squash, Aubergine & Chickpea Dhansak Curry & Rice (ve) 	Piri Piri Chicken & Sweetcorn Meatballs & Rice 	Beef & Root Vegetable Mince & Gravy, Yorkshire Pudding 	Sticky Hoi Sin Chicken with Edamame Beans & Rice 	Sustainably Sourced Battered Fish & Chips
MEAT FREE	Homemade Cheese, Potato & Onion Pie	Italian Style Quorn Bolognese with Penne Pasta 	Quorn & Root Vegetable Mince & Gravy, Yorkshire Pudding 	Homemade Indian Spiced Onion Bhaji Burger (ve)	Cheese & Tomato Pizza & Chips
	Cajun Wedges Mixed Vegetables, Baked Beans, Mixed Salad 	Carrot & Swede, Green Beans, Baked Beans, Mixed Salad 	Thyme Roasted Potatoes, Carrots, Peas, Baked Beans, Mixed Salad 	Carrots, Cauliflower, Baked Skin on Wedges, Baked Beans, Mixed Salad 	Chips Mushy Peas, Peas Baked Beans, Mixed Salad 
HOT PUDS	Homemade Oaty Flapjack (ve)	Vanilla Sponge (ve) & Custard	Homemade Lemon Drizzle Cake (ve)	Chocolate Sponge (ve) & Chocolate Sauce	Giant Chocolate Cookie (ve)