# EATSMART

#### **WEEK ONE**

#### **GREEN EARTH MONDAY**

Homemade Macaroni Cheese with Crispy Fried Onions Smoky Mexican Five Bean Quesadilla/Wrap Thai Spiced Massaman Aubergine Curry & Rice Broccoli, Sweetcorn, Baked Beans, Coleslaw Salad, Mixed Salad

#### **TUESDAY**

Homemade Halal Lamb & Vegetable Pastry Pie
Homemade Beef & Vegetable Pastry Pie
Butternut Squash & Cauliflower Curry with Rice (ve)
Currywurst Quorn Sausages (ve)
Mashed Potato, Rice, Mixed Vegetables, Baked Beans, Mixed Salad

#### WEDNESDAY

Savoury Halal Chicken in Gravy with Yorkshire Pudding Toad in the Hole & Onion Gravy Cheese & Onion Puff Pastry Roll & Oven Baked Wedges Wholegrain Pizza Panini

Thyme Roasted Potatoes, Carrots & Cauliflower, Baked Beans, Mixed Salad

#### **THURSDAY**

Smoky Halal Chicken & Vegetable Burrito
Smoky BBQ Chicken & Vegetable Burrito
All Day Breakfast Quorn Sausage Burrito (ve)
Aubergine Shawarma Flatbreads
Potato Wedges, Green Beans, Baked Beans, Mixed Salad

#### **FRIDAY**

Sustainably Sourced Battered Fish & Chips Cheese & Tomato Pizza & Chips Salmon Mayonnaise Melt Pepperoni Pizza & Chips Peas, Baked Beans, Mixed Salad

#### **WEEKTWO**

#### GREEN EARTH MONDAY

Homemade Macaroni Cheese with Crispy Fried Onions
Homemade Plant-Based Cottage Pie
Tomato & Basil Pasta Pot (ve)
Peas, Roasted Cumin Carrots, Baked Beans, Mixed Salad

TUESDAY
Halal Chinese Style Chicken Meatballs & Rice

Chinese Style Chicken Meatballs & Rice
Buffalo Coated Roast Cauliflower Tortilla with Pickled Red Cabbage Slaw
Homemade Falafel, Salad & Tomato Salsa Greek Wrap (ve)
Baked Beans, Mixed Salad Green Beans, Sweetcorn

# WEDNESDAY Roast Halal Chicken with Gravy

Roast of the Day with Gravy

Mexican Vegetable Tostada with Spicy Mixed Peppers, Tomatoes & Beans

American Style Loaded Cheese, Pepperoni & Jalapeno Tart

American Style Loaded Cheese, Pepperoni & Jalapeno Tart
Thyme Roasted Potatoes, Savoy Cabbage, Carrots, Baked Beans, Mixed Salad
THURSDAY

#### Caribbean Halal Jerk Chicken with Rice & Peas Caribbean Jerk Chicken with Rice & Peas Cheese & Onion Puff Pastry Roll & Oven Baked Wedges Classic Pasta Primavera with Seasonal Vegetables (ve)

Sweetcorn, Garden Peas, Baked Beans, Mixed Salad

# FRIDAY

Sustainably Sourced Battered Fish & Chips Cheese & Tomato Pizza & Chips Pepperoni Pizza & Chips Peas, Baked Beans, Mixed Salad

# **WEEKTHREE**

# GREEN EARTH MONDAY

Indian Spiced Butternut Squash, Aubergine & Chickpea Dhansak Curry & Rice (ve)
Homemade Cheese, Potato & Onion Pie
Green Pesto Penne Pasta

Cajun Wedges, Mixed Vegetables, Baked Beans, Mixed Salad

## TUESDAY

Piri Piri Halal Chicken & Sweetcorn Meatballs & Rice Piri Piri Chicken & Sweetcorn Meatballs & Rice Italian Style Quorn Bolognaise with Penne Pasta Cajun Style Dirty Vegetable Rice (ve) Carrot & Swede, Green Beans, Baked Beans, Mixed Salad

# WEDNESDAY

Halal Lamb Mince & Root Vegetable in Gravy with Yorkshire Pudding Beef & Root Vegetable Mince & Gravy with Yorkshire Pudding Quorn & Root Vegetable Mince & Gravy with Yorkshire Pudding Thai Green Vegetable Curry & Rice (ve) Thyme Roasted Potatoes, Carrots, Peas, Baked Beans, Mixed Salad

## THURSDAY

Sticky Hoi Sin Halal Chicken with Edamame Beans & Rice
Sticky Hoi Sin Chicken with Edamame Beans & Rice
Homemade Indian Spiced Onion Bhaji Burger (ve)
Turkish Lentil Kofte Wrap with Tzatziki Dressing
Carrots, Cauliflower, Baked Skin on Wedges, Baked Beans, Mixed Salad

## FRIDAY

Sustainably Sourced Battered Fish & Chips Cheese & Tomato Pizza & Chips Pepperoni Pizza & Chips Mushy Peas, Peas, Baked Beans, Mixed Salad

# **AVAILABLE DAILY**