



LITTLE EALING
PRIMARY SCHOOL

WEEK 1 MENU

Weeks commencing:

13th April

15th June

7th September

19th October

4th May

6th July

28th September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese, Tomato & Basil Pasta Bake  	Scrumptious Mac & Cheese topped with Mediterranean Veggies served with Tomato Focaccia Bread 	Quornish Pasty with Golden Roasted Potatoes & Gravy  	Homemade Margherita Pizza with Cajun Potato Wedges 	Golden Nuggets with Chips & Ketchup Quorn dippers served with chips & tomato ketchup. 
Green Earth Curry with Fluffy Rice Low-carbon veggie curry with rice.   	Chicken Tikka Masala with Fluffy Rice  	Roast Chicken with Golden Roasted Potatoes & Gravy 	Homemade Meat Feast Pizza with Cajun Potato Wedges 	Salmon or White Fish Fingers with Chips & Ketchup
Sweetcorn & Roasted Courgette 	Peas & Red Cabbage Slaw 	Carrots & Herby Green Beans 	Mexican Sweetcorn & Broccoli 	Peas & Baked Beans 
Strawberry Frozen Yoghurt	Orange Drizzle Cake	Orange Jelly & Mandarins  	Chocolate Shortbread 	Apple Crumble & Custard 

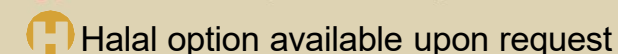
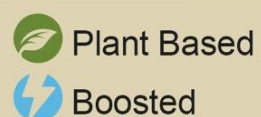


PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY
Unless specified, all our desserts are vegetarian.



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:



Feeding Hungry Minds

WEEK 2 MENU

Weeks commencing:

20th April

1st June

13th July

5th October

11th May

22nd June

14th September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tarka Dhal with Coriander Rice Traditional Indian lentil dish served with coriander rice.  	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. 	Tangy Chilli Fajita with Fluffy Rice Low-carbon veggie chilli fajita served with rice.   	Plant-Power Curry with Pitta Bread Cauliflower, chickpea and potato curry served with pitta bread.  
Chow Mein with Egg Noodles Chinese veggie stir fry with egg noodles.  	Lamb Penne Bolognese with Garlic & Oregano Focaccia   	Pork or Chicken Sausage with Mash & Gravy 	Chicken Fajita with Mexican Rice  	Fish Fingers with Chips & Ketchup
Broccoli & Coleslaw 	Sweetcorn & Red Cabbage Slaw 	Carrots & Peas 	Mediterranean Veggies & Green Beans 	Peas & Baked Beans 
Ice Cream with Peach & Forest Fruit Melba Sauce 	Cinnamon Palmier Swirl 	Lemon Shortbread 	Vanilla & Peach Sponge 	Chocolate, Orange & Carrot Brownie



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Menu Key:

 Plant Based
 Boosted

 Vegetarian
 Low Carbon

 At least 1 of your 5 a day

 Halal option available upon request



Feeding Hungry Minds



LITTLE EALING
PRIMARY SCHOOL

WEEK 3 MENU

Weeks commencing:

27th April

8th June

31st August

12th October

18th May

29th June

21st September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Planet-Friendly Chinese Rice Low-carbon Chinese vegetable rice.   	Stir Fry & Egg Noodles Stir fried veggies with egg noodles.   	Flaky Garden Plait with Golden Roasted Potatoes Butternut and vegetable puff pastry plait served with roasted potatoes.  	Mighty Quorn Meatball Spaghetti in Rich Tomato Sauce  	Homemade Margherita Pizza with Chips 
Pasta Power Bake Cheese and tomato penne pasta bake.  	Singapore Chicken Noodles  	Roast Chicken with Golden Roasted Potatoes & Gravy 	Chicken Meatball Spaghetti in Rich Tomato Sauce 	Fish Fingers with Chips & Ketchup
Mediterranean Veggies & Green Beans 	Sweetcorn & Broccoli 	Carrots & Cauliflower 	Sweetcorn & Coleslaw 	Peas & Baked Beans 
Fruit Ice Lolly 	Pear & Chocolate Sponge 	Strawberry Jelly 	Fresh Fruit Salad and Yoghurt 	Cinnamon Biscuit



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