

WEEK ONE MENU



MONDAY

Creamy
Macaroni Cheese  

Garden
Cottage Pie  



Sweetcorn  
Cut Green Beans  

Golden Apricot
Crumble  
with Custard  

Loaded Spud  
with Baked Beans  
or Cheese  
or Cheese  

TUESDAY

The Smarter Slice
Margherita Pizza
with Baked Potato
Wedges  

Chicken & Veggie
Casserole with Baked
Potato Wedges  

Chicken & Veggie
Casserole with Baked
Potato Wedges  

Sliced Carrots  
Cauliflower  

Banana & Cinnamon
Rice Pudding  

Loaded Spud  
with Baked Beans,  
Tuna Mayo,  
or Tuna Flakes  

WEDNESDAY

Moroccan Bean
Casserole with Golden
Roast Potatoes  

Roast Beef served with
Golden Roast
Potatoes and Gravy  

Sliced Roast Chicken
Breast served with
Golden Roast Potatoes
and Gravy  

Peas  
Sliced Carrots  

Warm
Berry Compote  
with Custard  

Loaded Spud  
with Baked Beans,  
Tuna Mayo,  
or Tuna Flakes  

THURSDAY

Plant Power Penne
Lentil Bolognese  

Chicken Tikka Masala
with Rice  

Chicken Tikka Masala
with Rice  

Mixed Vegetables  

Fresh Fruit Salad  
Yoghurt  

Loaded Spud  
with Baked Beans,  
Tuna Mayo,  
or Tuna Flakes  

FRIDAY

Hearty Veggie Gratin
with Chips  

Fish Goujons
with Chips  



Peas  
Baked Beans  

Banana Bread  
with Custard  

Loaded Spud  
with Baked Beans,  
Tuna Mayo,  
or Tuna Flakes  

The
Main
Event

Veggies

Dessert

Daily

Menu Key:

-  Plant Based
-  Vegetarian
-  Halal

Carbon Score:

Low → High



WEEK TWO MENU

MONDAY

Lentil & Veggie Flaky
Topped Pie with Baked
Potato Wedges             

Ricotta Tortelloni Pasta
in Rich Tomato
& Basil Sauce             



Sliced Carrots            

Golden Rhubarb
Crumble            

Loaded Spud             

with Baked Beans             

Tuna Mayo,             

or Cheese             

TUESDAY

Cauliflower, Spinach &
Lentil Curry
with Rice                     

Chicken Goujons
with Baked
Potato Wedges                      

Chicken Goujons
with Baked
Potato Wedges                      

Sweetcorn                      

Fresh Fruit Salad                       

Loaded Spud                       

with Baked Beans,                       

Tuna Mayo,                       

or Tuna Flakes                       

WEDNESDAY

Italian-style Tomato
Penne Pasta                               

Sliced Roast Chicken
Breast served with
Golden Roast Potatoes
and Gravy                               

Sliced Roast Chicken
Breast served with
Golden Roast Potatoes
and Gravy                               

Vegetable Medley                  <

WEEK THREE MENU

MONDAY

Chef's Special Creamy
Tikka Masala
with Rice  

Garden
Veggie Lasagne  

VEGGIE
COULD BE YOU



Cut Green Beans  
Sliced Carrots  

Toffee Apple
Pudding  
with Custard  

Loaded Spud  
with Baked Beans  
or Cheese  

TUESDAY

The Smarter Slice
Margherita Pizza
with Baked Potato
Wedges  

Chicken Curry
with Rice  

Lamb Chilli Con Carne
with Rice  

Sweetcorn  
Cauliflower  

Banana & Cinnamon
Rice Pudding  

Loaded Spud  
with Baked Beans,  
Tuna Mayo,  
or Tuna Flakes  

WEDNESDAY

Rich Tomato & Chickpea
Gratin with Golden
Roast Potatoes  

Roast Beef served with
Golden Roast Potatoes
and Gravy  

Sliced Roast Chicken
Breast served with Golden
Roast Potatoes
and Gravy  

Mixed Vegetables  

Golden Apricot
Compote  
with Custard  

Loaded Spud  
with Baked Beans,  
Tuna Mayo,  
or Tuna Flakes  

THURSDAY

Golden Harvest
Lentil & Sweet Potato
Crumble with Baked
Potato Wedges  

Tomato & Paprika
Chicken with Rice  

Chicken Meatballs in
Tomato Sauce with
Baked Potato Wedges  

Sweetcorn  
Sliced Carrots  

Fresh Fruit Salad  
Yoghurt  

Loaded Spud  
with Baked Beans,  
Tuna Mayo,  
or Tuna Flakes  

FRIDAY

Crispy Potato,
Cheese & Leek Bake
with Chips  

Fish Goujons
with Chips  



Peas  
Baked Beans  

Banana Bread  
with Custard  

Loaded Spud  
with Baked Beans,  
Tuna Mayo,  
or Tuna Flakes  

PLATE FOR
THE PLANET

The
Main
Event

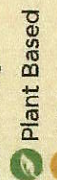
Veggies

Dessert

Daily



Menu Key:



Plant Based



Carbon Score:



West
Sussex
County
Council



Feeding Excellence
Every Day

