

MENU WEEK 1

(31/08-04/09), (21/09-25/09), (12/10-16/10), (02/11-06/11), (23/11-27/11)

Morning Snack
(Pre Order only)

Students Favorite

Option 2

Vegetarian Option

Vegan Option

Desserts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Pizza Margherita Slice (126 Kcal) with Fresh Fruit & Water Total Fat (2.8g), Sat Fat (1.3g), Sodium(240mg), Sugar(2g), Fiber (2.40g), Salt (0.60g)	Chicken Mayo Sandwich (210 Kcal) with Fresh Fruit & Juice Total Fat (3.5g), Sat Fat (1g), Sodium (340 mg), Sugar(2g), Fiber (3.2g), Salt (0.8g)	Cheese & Tomato Twist, (126 Kcal) with Fresh Fruit & Water Total Fat (2.9g), Sat Fat (0.9g), Sodium(120mg), Sugar(2g), Fiber(3g), Salt (0.30g)	Mini Cheese & Tomato Croissant (185 Kcal) with Fresh Fruit & Juice Total Fat (3.5g), Sat Fat (1.5g), Sodium(260mg), Sugar(2g), Fiber (1.6g), Salt (0.65g)
Italian Meatballs with Penne pasta (131 Kcal) Roast Carrot & Broccoli Total Fat (3.5g), Sat Fat (1.3g), Sodium(630mg), Sugar(2g), Fiber(3g), Salt (0.8g)	Pesto Chicken Pasta (145 Kcal) Garden Green Total Fat (3.5g), Sat Fat (0.8g), Sodium(170mg), Sugar (1.7g), Fiber (2.1g), Salt (0.4g)	Chicken Tikka Masala (129 Kcal) Steamed Rice & Ratatouille Total Fat (3.5g), Sat Fat (1.3g), Sodium(250mg), Sugar(2g), Fiber(1g), Salt (0.61g)	Spaghetti Bolognaise (157 Kcal) Roast Zucchini & Broccoli Total Fat (3.5g), Sat Fat (1.5g), Sodium(250mg), Sugar(2g), Fiber(2g), Salt (0.62g)
Sweet & Sour Chicken (112 Kcal) with Fried Rice, Roast Carrot & Broccoli Total Fat (3.2g), Sat Fat (1.5g), Sodium(380mg), Sugar(1g), Fiber(1g), Salt (0.8g)	Cajun Fish Bites (109 Kcal) Baked potato & Garden Greens Total Fat (3.5g), Sat Fat (0.7g), Sodium(344mg), Sugar(1g), Fiber (0.61g), Salt (0.8g)	Pulled BBQ Beef Creamy Mash (129 Kcal) with Ratatouille Total Fat (3.5g), Sat Fat (1.2g), Sodium(181mg), Sugar(2g), Fiber (1.9g), Salt (0.45g)	Chicken & Leek Potato pie (142 Kcal) Roast zucchini & Broccoli Total Fat (3.5g), Sat Fat (1.5g), Sodium(231mg), Sugar(1g), Fiber (0.7g), Salt (0.58g)
Quinoa Vegetarian Fried Rice (111 Kcal) with Roast Carrot & Broccoli Total Fat (2g), Sat Fat (0g), Sodium(160mg), Sugar(1g), Fiber(2g), Salt (0.41g)	Meatless 'Meatball' Pasta (173 Kcal) Garden Green Total Fat(2g), Sat Fat (0g), Sodium(540mg), Sugar(1g), Fiber(3g), Salt (0.8g)	Cauliflower Cheese Lasagna (185 Kcal) with Ratatouille Total Fat(0g), Sat Fat (1.5g), Sodium(129mg), Sugar(1g), Fiber (1.5g), Salt (0.32g)	Thai Vegetable Green Curry (157 Kcal) with Steamed Rice Roast Zucchini & Broccoli Total Fat (3.5g), Sat Fat (1.5g), Sodium(231mg), Sugar(1g), Fiber (0.7g), Salt (0.58g)
Quinoa Vegetarian Fried Rice (111 Kcal) with Roast Carrot & Broccoli Total Fat (2.5g), Sat Fat (0g), Sodium(730mg), Sugar(2g), Fiber(2g), Salt (0.8g)	Chinese Chow Mein (190 Kcal) With Garden Green Total Fat (3.5g), Sat Fat (0g), Sodium(250mg), Sugar(0g), Fiber(2g), Salt (0.63g)	Lebanese Vegan Mujadara (119 Kcal) with Ratatouille Total Fat (1.5g), Sat Fat (0g), Sodium(790mg), Sugar(2g), Fiber(3g), Salt (0.80g)	Vegetarian Biryani (114 Kcal) with Roast Zucchini & Broccoli Total Fat (3.5g), Sat Fat (1g), Sodium(260mg), Sugar(2g), Fiber(2g), Salt (0.65g)
Vanilla Cheesecake (215 Kcal) Total Fat(14g), Sat Fat (8g), Sodium(170mg), Sugar(13g), Fiber (0.5g), Salt (0.43g)	Orange Custard Cake (210 Kcal) Total Fat(6g), Sat Fat (2.8g), Sodium(85mg), Sugar (18.5g), Fiber (1.9g), Salt (0.21g)	Grandma Apple Cake (205 Kcal) Total Fat(7g), Sat Fat (2.6g), Sodium(160mg), Sugar(17g), Fiber (2.1g), Salt (0.40g)	Red Velvet Slice (220 Kcal) Total Fat(11g), Sat Fat (4g), Sodium(190mg), Sugar(20g), Fiber (0.8g), Salt (0.48g)



low-carbon school meal

Nutritional Values are per 100 g



MENU WEEK 2

(07/09-11/09), (28/09-02/10), (19/10-23/10), (09/11-13/11), (30/11-04/12)

Morning Snack
(Pre Order only)

Students Favorite

Option 2

Vegetarian Option

Vegan Option

Desserts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Vegetarian Puff (190 Kcal)   Fresh Fruit & Water Total Fat (3.5g), Sat Fat (1.3g), Sodium(280mg), Sugar(2g), Fiber (2.1g), Salt (0.70g)	Tandoori Chicken Samoon (235 Kcal)   with Fresh Fruit & Juice Total Fat (3.5g), Sat Fat (1.3g), Sodium(360mg), Sugar(2g), Fiber (3.5g), Salt (0.8g)	Labneh & Olives Sandwich (220 Kcal)   Fresh Fruit & Water Total Fat (3.5g), Sat Fat (1.3g) Sodium(360mg), Sugar(2g), Fiber (3.1g), Salt (0.8g)	Cream Cheese & Cucumber Sandwich (215 Kcal)   with Fresh Fruit & Juice Total Fat (3.5g), Sat Fat (1.3g) Sodium(390mg), Sugar(2g), Fiber(3g), Salt (0.8g)
Butter Chicken (107 Kcal)  with Basmati Rice & Sautéed Vegetables Total Fat (3.5g), Sat Fat (1.5g), Sodium(45mg), Sugar(2g), Fiber (1.2g), Salt (0.11g)	Beef Lasagna (206 Kcal)   with Sautéed Beans, Garlic Bread Total Fat (3.5g), Sat Fat (1.5g), Sodium(mg), Sugar(2g), Fiber (1.5g), Salt (0.49g)	Breadless Chicken Parmigiana (184 Kcal)  with Baked potato & Garden Greens Total Fat (3.5g), Sat Fat (1.5g), Sodium(210mg), Sugar(2g), Fiber(1g), Salt (0.78g)	Spaghetti Bolognese (157 Kcal)   Zesty Corn & Carrots Total Fat (3.5g), Sat Fat (1.5g), Sodium(250mg), Sugar(2g), Fiber(2g), Salt (0.62g)
Shepard's Pie (104 Kcal)   with Sautéed Vegetables Total Fat (3.5g), Sat Fat (1.5g), Sodium(125mg), Sugar(2g), Fiber(3g), Salt (0.31g)	Tuscan Chicken Sundried Tomato (148 Kcal)   Vegetable Rice with Sautéed Beans Total Fat (3.4g), Sat Fat (1g), Sodium(92mg), Sugar (1.1g), Fiber (0.9g), Salt (0.23g)	Hungarian Beef Goulash (109 Kcal)  with Steamed Rice, Garden Greens Total Fat(3g), Sat Fat (1.5g), Sodium(115mg), Sugar(1g), Fiber(2g), Salt (0.29g)	Caribbean Chicken, Onion Rice (276 kcal) Zesty Corn & Carrots Total Fat (3.5g), Sat Fat (1g), Sodium(210mg), Sugar(2g), Fiber(1g), Salt (0.52g)
Mac N Cheese (260 Kcal)  with Sautéed Vegetables Total Fat(14g), Sat Fat (7g), Sodium(580mg), Sugar(1g), Fiber(1g), Salt (1.5g)	Cheese & Leek Pasta Bake (180 Kcal)   Sautéed Beans & Garlic Bread Total Fat (3.5g), Sat Fat (1g), Sodium(328mg), Sugar(1g), Fiber (0.8g), Salt (0.8g)	Eggplant Moussaka (108 Kcal)   with Garden Greens Total Fat (3.5g), Sat Fat (1g), Sodium(270mg), Sugar(1g), Fiber (1.2g), Salt (0.6g)	The Green Lasagna (194 Kcal)   with  Zesty Corn & Carrots Total Fat (3.5g), Sat Fat (1.5g), Sodium(120mg), Sugar(1g), Fiber(2g), Salt (0.31g)
Pasta Primavera (201 Kcal)  With Sautéed Vegetables Total Fat (3.5g), Sat Fat (1g), Sodium(260mg), Sugar(2g), Fiber(2g), Salt (0.65g)	Stir Fry Vegetables (96 Kcal)    Vegetable rice Sautéed Beans Total Fat (2.5g), Sat Fat (0g), Sodium(730mg), Sugar(2g), Fiber(2g), Salt (0.8g)	Penne Pasta with Napoli sauce (167 Kcal)   And Garden Greens Total Fat(3g), Sat Fat (0.5g), Sodium(39mg), Sugar(2g), Fiber(2g), Salt (0.08g)	Sweet Potato & Lentil Stew (115 Kcal) with Onion Rice, Zesty Corn & Carrots Total Fat (3.5g), Sat Fat (0g), Sodium(300mg), Sugar(2g), Fiber(3g), Salt (0.31g), Protein
Banana Bread (205 Kcal)    Total Fat(7g), Sat Fat (2.6g), Sodium(160mg), Sugar(17g), Fiber (2.1g), Salt (0.40g)	Candied Orange Slice (185 Kcal)    Total Fat (0.2g), Sat Fat (0g), Sodium(5mg), Sugar(38g), Fiber (1.6g), Salt (0.01g)	Sticky Toffee Pudding (210 Kcal)    Total Fat (6.8g), Sat Fat (3.2g), Sodium(95mg), Sugar(22g), Fiber (1.2g), Salt (0.24g)	Tiramisu (215 Kcal)    Total Fat (9.5g), Sat Fat (5.5g), Sodium(85mg), Sugar(18g), Fiber (0.8g), Salt (0.21g)



low-carbon school meal

Nutritional Values are per 100 g



MENU WEEK 3

(14/09-18/09), (05/10-08/10), (05/10-09/10), (26/10-30/10), (16/11-20/11), (07/12-11/12)

Morning Snack
(Pre Order only)

Students Favorite

Option 2

Vegetarian Option

Vegan Option

Desserts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Cheese Manakesh (225 Kcal) with Fresh Fruit & Water Total Fat (3.5g), Sat Fat (1.3g), Sodium(380mg), Sugar(2g), Fiber (2.7g), Salt (0.80g)	Labneh & Olives Sandwich (220 Kcal) with Fresh Fruit & Water Total Fat (3.5g), Sat Fat (1.3g), Sodium(360mg), Sugar(2g), Fiber (3.1g), Salt (0.8g)	Cheese & Tomato Twist, (126 Kcal) with Fresh Fruit & Water Total Fat (2.9g), Sat Fat (0.9g), Sodium(120mg), Sugar(2g), Fiber(3g), Salt (0.30g)	Shish Tawook Wrap (255 Kcal) with Fresh Fruit & Juice Total Fat (3.5g), Sat Fat (1.2g), Sodium(370mg), Sugar(2g), Fiber (3.9g), Salt (0.80g)
Chicken Biryani (164 Kcal) with Sautéed Corn & Green Beans , Mini Yoghurt (Raita) Total Fat (3.5g), Sat Fat (0.7g), Sodium(253mg), Sugar(2g), Fiber (2.1g), Salt (0.63g)	Fish Bites & Tartare Sauce (260 Kcal) With Baked Potato Wedges, Roast Carrot & Peas Total Fat (3.5g), Sat Fat (1.3g), Sodium(340mg), Sugar(1g), Fiber(2g), Salt (0.8g)	Butter Chicken (107 Kcal) With Steamed Rice, Roast Marrow & Beans Total Fat (3.5g), Sat Fat (1.5g), Sodium(45mg), Sugar(2g), Fiber (1.2g), Salt (0.11g)	Spaghetti Bolognaise (157 Kcal) with Herb, Tomato & Zucchini Total Fat (3.5g), Sat Fat (1.5g), Sodium(250mg), Sugar(2g), Fiber(2g), Salt (0.62g)
Pulled BBQ Beef (149 Kcal) with Roast Potato, Sautéed Corn & Green Beans Total Fat (3.5g), Sat Fat (1.2g), Sodium(181mg), Sugar(2g), Fiber (1.9g), Salt (0.45g),	Grilled Chicken in Mushroom Gravy (112 Kcal) with Baked Potato Wedges, Roast Carrot & Peas Total Fat (3.2g), Sat Fat (1.5g), Sodium(328mg), Sugar(1g), Fiber(2g), Salt (0.8g)	Fish Kebab in Tomato Sauce (130 Kcal) Basmati Rice, Roast Marrow & Beans Total Fat (3.5g), Sat Fat (1g), Sodium(270mg), Sugar(2g), Fiber(1g), Salt (0.68g)	Chicken Ala King, Steamed Rice (110 Kcal) Herb, Tomato & Zucchini Total Fat (3.5g), Sat Fat (1.2g), Sodium(420mg), Sugar(2g), Fiber (5.2g), Salt (0.45g)
Vegetable Biryani (114 Kcal) with Sautéed Corn & Green Beans, Mint Yoghurt (Raita) Total Fat (3.5g), Sat Fat (0g), Sodium(95mg), Sugar(1g), Fiber(1g), Salt (0.24g)	Harissa Spaghetti (170 Kcal) with Roast Carrot & Peas Total Fat (3.5g), Sat Fat (0.8g), Sodium(330mg), Sugar(2g), Fiber (2.4g), Salt (0.8g)	Caprese Pasta (168 Kcal) Roast Marrow & Beans Total Fat (3.5g), Sat Fat (0g), Sodium(95mg), Sugar(1g), Fiber (2.1g), Salt (0.78g)	Cauliflower & Chickpea Tagine (345 Kcal) with Steamed Rice, Herb, Tomato & Zucchini Total Fat (3.5g), Sat Fat (1.5g), Sodium(308mg), Sugar(2g), Fiber (1.6g), Salt (0.77g)
Basella (65 Kcal) with Steamed Rice Sautéed Cord & Green Beans Total Fat (2.8g), Sat Fat (0.3g), Sodium(129mg), Sugar(1g), Fiber(1g), Salt (0.32g)	Veg Con Carne (190 Kcal), Steamed Rice, Roast Carrot & Peas Total Fat (3.5g), Sat Fat (1.3g), Sodium(340mg), Sugar(1g), Fiber(2g), Salt (0.8g)	Vegetarian Korma (68 Kcal) with Basmati Rice, Roast Marrow & Beans Total Fat (1.5g), Sat Fat (0g), Sodium(790mg), Sugar(2g), Fiber(3g), Salt (0.80g)	Cauliflower & Chickpea Tagine (345 Kcal) with Steamed Rice, Herb, Tomato & Zucchini Total Fat (3.5g), Sat Fat (1.5g), Sodium(308mg), Sugar(2g), Fiber (1.6g), Salt (0.77g)
Mango Passionfruit Slice (210 Kcal) Total Fat(6g), Sat Fat (2.8g), Sodium(85mg), Sugar (18.5g), Fiber (1.9g), Salt (0.21g)	French Apple & Raisin Cake (210 Kcal) Total Fat (6.8g), Sat Fat (3.2g), Sodium(95mg), Sugar(22g), Fiber (1.2g), Salt (0.24g)	Coconut Layer Cake (155 Kcal) Total Fat(5g), Sat Fat (1g), Sodium(95mg), Sugar(14g), Fiber(2g), Salt (0.24g)	Dusted Berry Sponge Slice (190 Kcal) Total Fat (4.8g), Sat Fat (2.1g), Sodium(85mg), Sugar (17.5g), Fiber(2g), Salt (0.21g)

low-carbon school meal

Nutritional Values are per 100 g

