



# EAT SMART

## HANDSWORTH GRANGE – SPRING SUMMER 24 - WEEK ONE

### GREEN EARTH MONDAY

Mexican Vegetable Quesadilla with Home Baked Wedges (V)  
Aubergine Shawarma Flatbread (Ve)  
Vegan Sausage Roll (Ve)  
Broccoli, Baked Beans, Mixed Salad, Rice

### TUESDAY

Halal Lamb Chilli Con Carne with Yucatean Rice  
Chilli Con Carne with Yucatean Rice  
Chilli Sin Carne with Yucatean Rice (ve)  
Cheesy Meatball Arrabiata with Grilled Italian Bread  
Fajita Roasted Sweetcorn & Peppers, Baked Beans, Mixed Salad

### WEDNESDAY

Halal Chicken Sausages with Gravy & Roasties  
Roast Gammon (or Turkey), Gravy & Roasties  
Roast Quorn, Gravy & Roasties  
Pepperoni or Cheese & Tomato Pizza Baguette  
Country Mixed Vegetables, Baked Beans, Mixed Salad

### THURSDAY

Halal Paprika Chicken & Sri Lankan Dhal with Steamed Mixed Rice  
Paprika Chicken & Sri Lankan Dhal with Steamed Mixed Rice  
Roasted Coriander Aubergine & Sri Lankan Dhal with Steamed Mixed Rice (ve)  
Buffalo Hot Dog (Chicken or Plant Sausage)  
Baked Beans, Garden Salad, Sri Lankan Vegetable Salad, Wedges

### FRIDAY

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

## AVAILABLE DAILY

Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads  
Hot Pudding of the Day, Fresh Fruit Salad or Whole Fruits  
Halal Options Also Available



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## HANDSWORTH GRANGE – SPRING SUMMER 24 - WEEK TWO

### GREEN EARTH MONDAY

Cheese & Tomato 'Pizza' Macaroni Cheese (V)  
Roasted Cauliflower, Chickpea & Coconut Curry with Steamed Rice (ve)  
Dirty Quorn & Cheesy Bean Burger (V)  
Baked Beans, Garden Salad, Garlic Bread, Green Beans

### TUESDAY

Smoky Mexican Halal Lamb Mixed Rice Bowl with Crispy Baked Tortilla, Lettuce & Salsa  
Smoky Mexican Beef Mixed Rice Bowl with Crispy Baked Tortilla, Lettuce & Salsa  
Smoky Mexican Quorn Mixed Rice Bowl with Crispy Baked Tortilla, Lettuce & Salsa (V)  
Mexican Chicken Wrap  
Baked Beans, Fajita Roasted Sweetcorn & Peppers, Garden Salad, Coleslaw

### WEDNESDAY

Moroccan Halal Chicken Tagine & Fluffy Couscous  
Moroccan Chicken Tagine & Fluffy Couscous  
Moroccan Chickpea & Lemon Tagine with Couscous (ve)  
BBQ Chicken Snack Wrap  
Baked Beans, Broccoli, Garden Salad

### THURSDAY

Korean Sweet & Sour Halal Chicken with Steamed Rice  
Korean Sweet & Sour Chicken with Steamed Rice  
Korean Sweet & Sour Vegetables with Steamed Rice (ve)  
Veggie Breakfast Frittata (V)  
Baked Beans, Asian Slaw, Garlic Green Beans, Garden Salad

### FRIDAY

Sustainably Sourced Battered Fish & Chips  
Cheese & Tomato Pizza & Chips (v)  
Jacket Potato with Salmon Mayo  
Pepperoni Pizza & Chips  
Peas, Baked Beans, Mixed Salad

## AVAILABLE DAILY

Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads  
Hot Pudding of the Day, Fresh Fruit Salad or Whole Fruits  
Halal Options Also Available



# EAT SMART

## HANDSWORTH GRANGE – SPRING SUMMER 24 - WEEK THREE

### GREEN EARTH MONDAY

Spanish Omelette served with Catalan Sauce & Garlic Bread (v)

Veggie Bolognese Pasta Bake (v)

Vegetable Cheeseburger (v)

Baked Beans, Garden Salad, Garlic Green Beans, Garlic Bread

### TUESDAY

Halal Chicken & Vegetable Enchilada with Home Baked Wedges

Chicken & Vegetable Enchilada with Home Baked Wedges

Mexican Vegetable Tostada (ve)

Pepperoni or Cheese & Tomato Pizza Baguette

Baked Beans, Garden Salad, Roasted Sweetcorn, Wedges

### WEDNESDAY

Penne Pasta Halal Lamb Bolognese Bake

Penne Pasta Beef Bolognese Bake

Mediterranean Vegetable Lasagne (v)

Baked Beans, Coleslaw, Garlic Bread, Garden Salad

### THURSDAY

Japanese Halal Chicken & Edamame Curry with Steamed Mixed Rice

Japanese Chicken & Edamame Curry with Steamed Mixed Rice

Japanese Roasted Aubergine, Edamame & Sweet Potato Curry with Steamed Mixed Rice (ve)

BBQ Mexican Bean Melt

Baked Beans, Sauté Garlic Green Beans, Asian Slaw

### FRIDAY

Sustainably Sourced Battered Fish & Chips

Cheese & Tomato Pizza & Chips (V)

Pepperoni Pizza & Chips

Peas, Baked Beans, Mixed Salad

## AVAILABLE DAILY

Filled Jacket Potatoes, Assorted Snacks, Various Filled Sandwiches, Rolls & Wraps, Fresh Salads

Hot Pudding of the Day, Fresh Fruit Salad or Whole Fruits

Halal Options Also Available