



EAT SMART

HANDSWORTH GRANGE WEEK ONE

GREEN EARTH MONDAY

Mac 'n' Cheese Topped with Garlic Mushrooms & Crispy Onions

Quorn Meatball & Tomato Burrito

Wedges, Sweetcorn, Carrots, Baked Beans & Mixed Garden Salad

TUESDAY

Chicken Balti Curry with Wholegrain Rice, Naan & Onion Salad

Sweet Potato & Chickpea Balti Curry with Rice, Naan & Onion Salad*

Indian Roasted Vegetable & Chickpea Folded Naan

Steamed Rice, Bombay Potatoes, Baked Beans & Mixed Garden Salad

WEDNESDAY

Roast of the Day with Traditional Accompaniments

Roasted Vegetable & Lentil Loaf*

Pizza Dog

Roast Potatoes, Carrots & Cauliflower, Baked Beans & Mixed Garden Salad

THURSDAY

Mexican Style Chilli Lasagne (Tortilla)

Mexican Style Vegetable & Bean Lasagne (Tortilla)

BBQ Chicken & Rice Pot

Herby Diced Potatoes, Green Beans, Baked Beans & Mixed Garden Salad

FRIDAY

Battered Sustainably Sourced Fish with Chips

Homemade Onion Bhaji Burger & Onion Chutney*

Margherita or Pepperoni Pizzova or Pizza

Chipped Potatoes, Mushy Peas, Baked Beans & Mixed Garden Salad

AVAILABLE DAILY

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

*Vegan Option Available

Halal Options Also Available

SPRING SUMMER 2023



EAT SMART

HANDSWORTH GRANGE WEEK TWO

GREEN EARTH MONDAY

Spicy Veggie Keema Curry with Rice & Mini Naan*

Sweet Potato Falafel, Flat Bread, Salad & Tomato Salsa*

Roasted Vegetable & Houmous Panini

Peas, Roasted Cumin Carrots, Baked Beans & Mixed Garden Salad

TUESDAY

Bangers & Mash with Onion Gravy

Veggie Bangers & Mash with Onion Gravy*

Pad Thai Chicken with Garlic Green Beans

Mashed Potato, Green Beans, Sweetcorn, Baked Beans & Mixed Garden Salad

WEDNESDAY

Roast of the Day with Traditional Accompaniments or Hot Filled Baguette

Roasted Mediterranean Vegetables en Croute

Salmon, Tuna & Sweetcorn Pasta in a Creamy Sauce

Roast Potatoes, Carrots, Green Cabbage, Baked Beans & Mixed Garden Salad

THURSDAY

Firecracker Chicken Topped Mac 'n' Cheese

Creole Vegetable Topped Mac 'n' Cheese

Jamaican Curried Pork with Rice & Peas

Sweetcorn, Garlic Green Beans, Baked Beans & Mixed Garden Salad

FRIDAY

Battered Sustainably Sourced Fish with Chips

Squash, Feta, Pea & Mint Frittata

Piri Piri Spiced Chicken Burger with Slaw

Chipped Potatoes, Mushy Peas, Baked Beans & Mixed Garden

AVAILABLE DAILY

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

*Vegan Option Available

Halal Options Also Available

SPRING SUMMER 2023



EAT SMART

HANDSWORTH GRANGE WEEK THREE

GREEN EARTH MONDAY

Cauliflower Cheese Pasta Bake
Quorn Cheese Burger with Burger Sauce*
Plant Based Dirty Rice Burrito*
Sweetcorn & Peppers, Baked Beans & Mixed Garden Salad

TUESDAY

Chicken Tikka Masala, Naan & Onion Salad
Lentil & Vegetable Tikka Masala, Naan & Onion Salad*
Korean sticky Chicken & Noodles
Steamed Rice, Green Beans, Baked Beans & Mixed Garden Salad

WEDNESDAY

Roast of the Day with Traditional Accompaniments
Chickpea Masala Wrap*
Cheese & Onion Quiche
Roast Potatoes, Carrots, Broccoli, Baked Beans & Mixed Garden Salad

THURSDAY

Deep South Chicken Jambalaya
Southern Fried Spiced Plant Loaf with Ketchup Glaze*
Pesto Pasta Pot
Spiced Diced Potatoes, Carrots, Cauliflower, Baked Beans & Mixed Garden Salad

FRIDAY

Battered Sustainably Sourced Fish with Chips
Mediterranean Vegetable Pizza Slice*
Popcorn Chicken
Chipped Potatoes, Garden Peas, Baked Beans & Mixed Garden Salad

AVAILABLE DAILY

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

*Vegan Option Available
Halal Options Also Available

SPRING SUMMER 2023