

Week One

Autumn/Winter Plant-Based Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Vegan Cheese and Potato Wedges	Vegetarian Enchilada with Vegan Cheese and Potato Wedges	Vegan Cheese and Potato Pie	Mild Teriyaki Quorn with Savoury Rice	Garden Vegetable Goujons
Option 2	Vegemince Curry with Steamed Rice				
Served with	Sweetcorn	Mixed Vegetables	Carrots, Peas and Gravy	Broccoli	Chips and Peas or Baked Beans
And for pudding	Iced Fruit Smoothie	Iced Homemade Cupcake	Fresh Fruit Selection	Homemade Cocoa Sponge with Cocoa Sauce	Flapjack with Apple Wedges

Week One: 31 Oct | 21 Nov | 12 Dec | 16 Jan | 6 Feb | 6 Mar | 27 Mar

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Vegan Cheese and Tomato Pasta Salad	Tomato Pasta with Vegan Cheese	Quorn Fillet	Vegan Sausage in a Homemade Roll	Garden Vegetable Goujons
Option 2	Veggie Bean Chilli with Steamed Rice				
Served with	Sweetcorn	Mixed Vegetables	Roast Potatoes, Carrots, Green Beans and Gravy	Potato Wedges and Salad Sticks with Tomato Sauce	Chips and Peas or Baked Beans
And for pudding	Homemade Muffin	Fresh Fruit Selection	Cocoa Oatcake with Orange Wedges	Shortbread	Iced Homemade Cupcake

Week Two: 7 Nov | 28 Nov | 2 Jan | 23 Jan | 20 Feb | 13 Mar

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Vegan Cheese and Potato Wedges	Quorn Fajita with Steamed Rice	Vegan Sausage	BBQ Quorn Loaded Wedges with Vegan Cheese	Garden Vegetable Goujons
Option 2	Vegemince Bolognese with Pasta Twists				
Served with	Sweetcorn	Mixed Salad	Roast Potatoes, Carrots, Broccoli and Gravy	Mixed Vegetables	Chips, Peas or Baked Beans
And for pudding	Fresh Fruit Selection	Iced Fruit Smoothie	Shortbread with Orange Wedges	Homemade Berry Muffin	Cocoa Shortbread

Week Three: 14 Nov | 5 Dec | 9 Jan | 30 Jan | 27 Feb | 20 Mar