

week 1

Date	03/09/2018	
Diet	Vegan	
School		

PLEASE NOTE SOME FRUIT AND VEGETABLES MAY BE CHANGED DEPENDING ON WHAT TIME OF YEAR IT IS.

Monday		
Main		
Dessert		

Tuesday		
Main	Sweet & Sour vegetables with rice and sweetcorn	
Dessert	Fresh fruit	

Wednesday		
Main	Vegetable & Lentil bolognese with pasta and broccoli	
Dessert	Fruity Pot	

Thursday		
Main	Jacket potato & vegan topping with a mixed salad pot	
Dessert	Vegan jelly pot	

Friday		
Main	Cauliflower & Broccoli tomato bake	
Dessert	Fresh fruit	

week 2

Date	10/09/2018	
Diet	Vegan	
School		

Monday		
Main	Jacket potato with beans and carrot sticks	
Dessert	Fruity pot	

Tuesday		
Main	Vegetable & Bean lasagne (no sauce or cheese) with salad	
Dessert	Jelly pot	

Wednesday		
Main	Twice bake potato with carrots	
Dessert	Banana	

Thursday		
Main	Vegetable chilli with rice and broccoli	
Dessert	Melon	

Friday		
Main	Stuffed Vegetable with potato wedges	
Dessert	Fruity Pot	

week 3

Date	17/09/2018	
Diet	Vegan	
School		

Monday		
Main	Stuffed Vegetable with Carrots and swede	
Dessert	Apple	

Tuesday		
Main	Fruity Vegetable curry with rice and sweetcorn	
Dessert	Fresh fruit	

Wednesday		
Main	Vegan cottage pie with broccoli	
Dessert	Fresh fruit	

Thursday		
Main	Vegetables in tomato & basil with pasta and peas	
Dessert	Fruity pot	

Friday		
Main	Jacket potato & vegan filling with cucumber sticks	
Dessert	Vegetarian jelly	

week 4

Date	24/09/2018	
Diet	Vegan	
School		

Monday		
Main	Stuffed pepper with potatoes and veg	
Dessert	Fresh fruit	

Tuesday		
Main	Twiced baked vegetable potato with peas	
Dessert	Melon	

Wednesday		
Main	BBQ roasted vegetables with rice and sweetcorn	
Dessert	Orange	

Thursday		
Main	Vegetable & lentil Pasta with broccoli	
Dessert	Fruity pot	

Friday		
Main	Jacket potato with beans	
Dessert	Jelly pot	

week 5

Date	01/10/2018	
Diet	Vegan	
School		

<i>Monday</i>		
Main	Jacket potato and beans with cucumber sticks	
Dessert	Banana	

<i>Tuesday</i>		
Main	Vegetable casserole with rice and sweetcorn	
Dessert	Fruity pot	

<i>Wednesday</i>		
Main	Homestyle baked beans with salad and corn on the cob	
Dessert	Vegetarian jelly pot	

<i>Thursday</i>		
Main	Dairy Free roll, Tomato & veg topping with potato wedges, carrots and cucumber	
Dessert	Fresh fruit	

<i>Friday</i>		
Main	1/2 Stuffed roasted peppe with diced potatoes and peas	
Dessert	Fresh fruit	

week 6

Date	08/10/2018	
Diet	Vegan	
School		

<i>Monday</i>		
Main	Vegan pomodoro with pasta and peas	
Dessert	Banana	

<i>Tuesday</i>		
Main	Vegan potato layer with broccoli	
Dessert	Jelly pot	

<i>Wednesday</i>		
Main	Chick pea burger in a dairy free roll with potato wedges and salad	
Dessert	Fruity pot	

<i>Thursday</i>		
Main	Jacket potato & beans with rice and pepper pot	
Dessert	Fresh fruit	

<i>Friday</i>		
Main	Roasted Vegetables with new potatoes and rice	
Dessert	Peaches	

week 7

Date	15/10/2018	
Diet	Vegan	
School		

Monday		
Main	Jacket potato with beans and vegi sticks	
Dessert	Fresh fruit	

Tuesday		
Main	Vegetable and lentil pasta with salad	
Dessert	Jelly pot	

Wednesday		
Main	Twiced baked potato with rice and a pepper pot	
Dessert	Fresh fruit	

Thursday		
Main	Vegan chilli with rice and broccoli	
Dessert	Fruity pot	

Friday		
Main	Leek, mushroom and tomato past bake with peas	
Dessert	Fresh fruit	