

V VEGETARIAN VE VEGAN

V1 29.07.26

Week 1 1 st Sept, 21 st Sept, 12 th Oct, 16 th Oct			
	Mains	Sides	Dessert
Mon	Option 1: Pasta in Cheese Sauce V Option 2: Lentil Cottage Pie V	Cauliflower VE Country Mixed Vegetables VE	Fruit Cookie V OR Fruit Salad V OR Yogurt V
Tues	Option 1: Chicken & Bean Curry Option 2: Flaky Quorn Twists V	Vegetable Rice VE Sweetcorn	Peach Upside Down Cake & Custard V OR Fruit Salad V OR Yogurt V
Wed	Option 1: Pork & Apple Sausage Roll Option 2: Cheese & Onion Roll V	Mashed Potatoes VE Baby Carrots VE Cut Green Beans VE	Chocolate Orange Shortbread V OR Fruit Salad OR Yogurt V
Thu	Option 1: Roast Chicken & Stuffing Option 2: Lentil Roast V	Roast Potatoes V Carrot & Swede Mash VE Broccoli VE	Date & Cocoa Swirl V OR Fruit Salad OR Yogurt V
Fri	Option 1: Fish Fingers Option 2: Southern Quorn burger VE	Fries VE Baked Beans VE Sweetcorn VE	Apple Flapjack V OR Fruit Salad OR Yogurt V
Sandwiches with Cheese, Ham, Tuna Mayo or Egg Mayo available every day Jacket Potato with a different filling each day Bread, Salad Bar, Fruit Bar and Yogurt available daily			

Week 2 7 th Sept, 28 th Sept			
	Mains	Sides	Dessert
Mon	Option 1: Chilli con Carne & Option 2: Mixed Bean Chilli V	RiceVE Cabbage or Spring Greens VE Sliced Carrots VE	Blueberry Muffins VE OR Fruit Salad V OR Yogurt V
Tues	Option 1: Chicken Fajitas Option 2: Beanie Enchiladas V	Mixed Vegetables VE Broccoli VE	Lemon Drizzle Cake & Custard VE OR Fruit Salad OR Yogurt V
Wed	Option 1: Sausages with Onion Gravy Option 2: Quorn Sausages & Onion Gravy V	Herby Wedges VE Whole Green Beans VE Diced Carrots VE	Pear Pastry Puffs VE OR Friot Salad OR Yogurt V
Thu	Option 1: Roast Chicken & Stuffing Option 2: Roasted Quorn Fillet & Stuffing V	Roast Potatoes VE Cauliflower VE Country Mixed Vegetables VE	Fruity Sponge & Custard V OR Fruit Salad OR Yogurt V
Fri	Option 1: Fish Fingers Option 2: Cheese & Onion Frittata V	Fries VE Baked Beans VE Peas VE	Cinnamon Raisin Buns V OR Fruit Salad OR Yogurt V
Sandwiches with Cheese, Ham, Tuna Mayo or Egg Mayo available every day Jacket Potato with a different filling each day Bread, Salad Bar, Fruit Bar and Yogurt available daily			

Week 3 14 th Sept, 5 th Oct			
	Mains	Sides	Dessert
Mon	Option 1: Ham & Tomato Pizza V Option 2: Cheese & Tomato Pizza V	Sweetcorn & Peppers VE Sliced Carrots VE	Fruit Crumble & Custard V OR Fruit Salad V OR Yogurt V
Tues	Option 1: Roast Chicken & Stuffing Option 2: Chickpea Roast V	Roast Potatoes VE Swede & Carrot Mash VE Spring Greens or Cabbage VE	Banana Muffins VE OR Fruit Salad V OR Yogurt V
Wed	Option 1: Shepherd's Pie Option 2: Shepherdess Pie VE	Cauliflower VE Sliced Green Beans VE	Sultana Flapjack VE OR Fruit Salad V OR Yogurt V
Thu	Option 1: Jerk Chicken Option 2: Jerk Quorn VE	Rice V Country Mixed Vegetables VE Broccoli VE	Lemon & Poppyseed Cakes V OR Fruit Salad V OR Yogurt V
Fri	Option 1: Fish Fingers Option 2: Vegetable Goujons VE	Fries VE Peas VE Baked Beans V	Chocolate Brownie & Chocolate Sauce V OR Fruit Salad OR Yogurt V
Jacket Potato available daily with Cheese, Beans, or Tuna Mayo Baguettes with Cheese, Ham, Tuna Mayo or Egg Mayo available every day Salad Bar, Fruit Bar and Yogurt available daily			