



Vegetarian Winter Menu – Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast
Morning Snack	Pineapple and Plums	Melon Slices	Banana and Satsumas	Malt Loaf and Fruit	Apple and Pear Slices
Lunch	Quorn Bolognese	Roast Quorn Fillet with Roast Potatoes, Yorkshire Pudding and Green Beans	Quorn Fishless Fingers, New Potatoes and Broccoli	Quorn Nuggets and Potato Wedges with Tzatziki	Vegetable Chow Mein with Sugar Snap Peas
Pudding	Fruit Yoghurt	Raspberry Fool	Medley of Melon	Vegetarian Fruit Jelly	Fruit Salad
Afternoon Snack	Cheese Sticks and Apple Slices	Breadsticks and Houmous	Rice Cakes and Crudities	½ Boiled Egg, Cucumber and Tomatoes	Cheese and Biscuits
Tea	Quorn Sausage and Beans on a Toasted Muffin	Cheese and Tomato Pitta Pizza with Carrot Sticks	Cheesy Peasy Pasta with Homemade Garlic Bread	Cheese Toastie with Vegetable Sticks	Quorn Cottage Pie with Peas
Pudding	Chocolate Chip Cookies and Milk	Iced Cake	Poached Pears and Fromage Frais	Banana Oaties	Cinnamon Swirls and Milk



Vegetarian Winter Menu – Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast
Morning Snack	Fresh Fruit Selection	Apples and Pear Slices	Melon Medley	Toasted Crumpets	Satsumas
Lunch	Quorn Mince Stew with Yorkshire Pudding	Roast Quorn Fillet, Roast Potatoes and Vegetable Medley	Vegetable Lasagne with Homemade Garlic Bread	Quorn Sausage Casserole with Mash	Sweet Chilli Vegetable Noodles
Pudding	Fruit Fromage Frais	Lemon Drizzle Cake	Vegetarian Jelly with Fruit	Chelsea Buns	Chocolate Cookie
Afternoon Snack	Breadsticks and Carrots	Rice Cakes and Peppers	Cheese Sticks and Cucumber	Crudites and Dips	Houmous and Pitta Bread
Tea	Jacket Potato with a Choice of Fillings	English Muffin Pizzas	Quorn, Rice and Peas	Cheese Bagels	Quorn Fishless Fingers with Mash and Peas
Pudding	Melon Slices	Apple and Pears	Pineapple Lollies	Bananas and Custard	Malt Loaf and Melon



Vegetarian Winter Menu – Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast
Morning Snack	Apple and Pear Slices	Malt Loaf and Fruit	Fresh Fruit Selection	Banana and Satsumas	Melon Slices
Lunch	Macaroni Cheese with Vegetables	Jacket Potato with A Choice of Filling	Roast Quorn Fillet, Herby Potatoes and Mixed Vegetables	Vegetable Risotto	Quorn Tikka with Naan Bread
Pudding	Fruit Yoghurt	Fruit Flapjack	Banana Loaf	Chocolate Cake with Chocolate Custard	Melon Slices
Afternoon Snack	Breadsticks and Carrot Batons	Raisins and Pears	Rice Cakes and Cucumber	Cheese Straws and Pineapple	Breadsticks and Dips
Tea	Quorn Dogs and Baked Beans	Quorn Chilli with Brown Rice	Vegetable Pasta Bake	Pitta Pizzas	Quorn Fingers with Peas and Vegan Potato Salad
Pudding	Pineapple Fingers	Melon Medley	Apples and Pears	Peaches and Cream	Shortbread Cookie



Vegetarian Winter Menu – Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast
Morning Snack	Melon Medley	Toasted Crumpets	Pineapple and Satsumas	Apples and Pears	Banana and Blueberries
Lunch	Mushroom and Mushroom Tagliatelle	Moroccan Quorn Mince and Couscous	Vegetarian Meatballs and Spaghetti	Roast Quorn Fillet, New Potatoes and Carrots	Chick Pea, Potato and Spinach Curry with Rice
Pudding	Fruit Fromage Frais	Ice Cream Wafer	Melon Slices	Ginger Cake	Vegetarian Mandarin Jelly
Afternoon Snack	Houmous and Vegetable Sticks	Cheese Straws and Pineapple	Toast and Jam	Rice Cake and Cucumbers	Breadsticks and Dips
Tea	Cheesy Beany Bagel	Quorn Sausage, Mash and Peas	Jacket Potato and Choice of Filling	Deep Pan Cheese Pizza	½ Boiled Egg, Peas and Potato Wedges
Pudding	Fruit Crumble and Custard	Chocolate Rice Cakes	Banana Bread with Milk	Peaches and Natural Yoghurt	Cookies with Strawberry Milk