



# 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	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
Lunch	Vegan Sausage and Spaghetti Hoops on a Toasted Muffin	Vegan Cottage Pie with Peas	Quorn Chicken with Mash, Broccoli and Green Beans	Vegan Bolognaise served with Homemade Garlic Bread	Fishless Fish Fingers, New Potatoes and Broccoli
Afternoon Snack	Vegetable Crudites with Guacamole	Vegetable Crudites and Water Biscuits	Vegetable Crudites with Crackers	Vegetable Crudites with Tomato Salsa	Vegetable Crudites and Cheese Sticks
Tea	Sweetcorn and Leek Pasta Bake	Mushroom Risotto	Cheesy Peasy Pasta	Broccoli & Cauliflower Bake	Sweet and Sour Vegetables with Rice
Pudding	Fruit Crumble and Custard	Fresh Fruit Yoghurt	Poached Pears and Fresh Fromage Frais	Cinnamon, Golden Syrup & Oat Biscuits served with Milk	Apple & Blueberry Compote served with Yoghurt



# 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 Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
Lunch	Quorn Chicken Risotto with Green Beans	Vegan Sausage Casserole with Mash Potato	Quorn Chicken with Herby Potatoes and Mixed Vegetables	Vegan Meatballs with Spaghetti	Leek & Mushroom Pie
Afternoon Snack	Vegetable Crudites with Guacamole	Vegetable Crudites and Water Biscuits	Vegetable Crudites with Crackers	Vegetable Crudites with Tomato Salsa	Vegetable Crudites and Cheese Sticks
Tea	Sweet Potato Curry with Rice	Hidden Vegetable Macaroni Cheese with Sweetcorn	Jacket Potato with a Choice of Fillings	Baked Beans/ Spaghetti Hoops on Toast served with a Hash Brown	Vegetable Lasagne with Homemade Garlic Bread
Pudding	Fresh Fruit Yoghurt	Chocolate Krispie Cake served with Milk	Vegan Jelly	Bananas and Custard	Cranberry & Parsnip Flapjack served with Milk



# 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	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
Lunch	Quorn Spanish Chicken with Diced Sweet Potato	Sweetcorn & Leek Pasta Bake with Garlic Bread	Quorn Chicken with Roast Potatoes, Carrots and Peas	Quorn Lemon Chicken served with Cous Cous and Peas	Fishless Fish Fingers and Pea Potato Salad
Afternoon Snack	Vegetable Crudites with Guacamole	Vegetable Crudites and Water Biscuits	Vegetable Crudites with Crackers	Vegetable Crudites with Tomato Salsa	Vegetable Crudites and Cheese Sticks
Tea	Spinach, Tomato & Basil Penne	Vegetable Casserole Stew with Dumplings	Jacket Potato with A Choice of Fillings	Sweet and Sour Vegetables with Rice	Vegetable Risotto
Pudding	Fresh Fruit Yoghurt	Peaches and Cream	Fruit Flapjack served with Milk	Vegan Jelly	Lemon Shortbread Biscuit served with Milk



# Vegetarian Winter Menu – Week 4



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast
<b>Morning Snack</b>	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
<b>Lunch</b>	Quorn Chicken Casserole	Savoury Vegan Meatballs with Mash Potato and Green Beans	Quorn Chicken with Roasted New Potatoes and Sweetcorn	Vegan Sausages with Potato Wedges and Green Beans	Fishless Fish Fingers served with Diced Potatoes & Peas
<b>Afternoon Snack</b>	Vegetable Crudites with Guacamole	Vegetable Crudites and Water Biscuits	Vegetable Crudites with Crackers	Vegetable Crudites with Tomato Salsa	Vegetable Crudites and Cheese Sticks
<b>Tea</b>	Roasted Butternut Squash Soup with Fresh Baked Rolls/ Wholemeal Bread	Mexican Bean Chilli and Rice	Baked Beans/ Spaghetti Hoops on Toast served with a Hash Brown	Mediterranean Vegetable Penne	Jacket Potato and Choice of Fillings
<b>Pudding</b>	Malt Loaf served with Fruit	Melon Medley with Milk	Fresh Fruit Yoghurt	Cherry Squares served with Milk	Bananas and Custard