



Autumn/Winter Plant-Based Main Menu

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Margherita Pizza with Vegan Cheese and Tomato Pasta or Homemade Sweet Potato and Lentil Curry with Steamed Rice	Plant Balls in Tomato Sauce with Pasta	Vegemince Cottage Pie	Loaded Tomato and Bean Bake with Vegan Cheese	Garden Vegetable Goujons or Plant-Powered Sausages
Served with	Mixed Salad	Peas and Sweetcorn	Carrots, Cabbage and Gravy	Mixed Vegetables	Chips and Peas or Baked Beans
And for pudding	Iced Fruit Smoothie	Homemade Cocoa Sponge and Sauce	Shortbread with Apple Wedges	Fresh Fruit Selection	Homemade Cupcake

Week One: 30 Oct | 20 Nov | 11 Dec | 8 Jan | 29 Jan | 26 Feb | 18 Mar

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Margherita Pizza with Vegan Cheese and Potato Wedges or Tex Mex Chilli with Steamed Rice	Plant-Powered Sausages	Quorn Fillet with Gravy	BBQ Quorn Loaded Wedges with Vegan Cheese	Garden Vegetable Goujons or Plant-Powered Sausages
Served with	Sweetcorn	Hash Browns and Baked Beans	Mashed Potato, Green Beans and Carrots	Mixed Vegetables	Chips and Peas or Baked Beans
And for pudding	Homemade Cocoa Shortbread	Fresh Fruit Selection	Shortbread	Oaty Apple Crunch	Homemade Iced Cupcake

Week Two: 6 Nov | 27 Nov | 18 Dec | 15 Jan | 5 Feb | 4 Mar | 25 Mar

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Margherita Pizza with Vegan Cheese and Tomato Pasta Salad	Tomato Pasta Topped with Vegan Cheese	Plant-Powered Sausages with Gravy	Quorn Fajita Wrap with Steamed Rice	Garden Vegetable Goujons or Plant-Powered Sausages
Served with	Mixed Salad	Mixed Vegetables	Mashed Potato, Peas and Carrots	Sweetcorn	Chips and Peas or Baked Beans
And for pudding	Homemade Cocoa Cupcake	Iced Fruit Smoothie	Fresh Fruit Selection	Homemade Sponge with Sauce	Flapjack with Orange Wedges

Week Three: 13 Nov | 4 Dec | 1 Jan | 22 Jan | 12 Feb | 11 Mar