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Autumn/Winter Plant-Based Main Menu

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	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

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

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

Three

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

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



