

Vegan menu

<u>Week 1</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u> 8am-9am	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast
<u>Morning snack</u> 10am-10.20am	Cucumber and kiwi	Apples and raisins	Pear and cheese sticks	clementine's and peach	Oranges and pepper sticks
<u>Lunch</u> 12.00-1.00pm	Quorn vegan pieces with sweetcorn and carrot pasta mix	vegetable rice with salad	home-made cottage pie used with Quorn vegan pieces	Vegetable soup	Broccoli and lentil Couscous
<u>Pudding</u>	Fruit yogurt	Banana slices	Raisins	Rice cake	Raisins
<u>Afternoon tea</u> 3.40pm-4.15	Vegetable fingers with salad	Melted violife cheese on toast (vegan)	Baked beans on toast	Vegetable fingers and salad	Selection of jam and Cream cheese(vegan) sandwiches

<u>Week 2</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u> 8am-9am	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast
<u>Morning snack</u> 10am-10.20am	Banana and breadsticks	Kiwi and oranges	Pear and pepper sticks	Mixed selection of fruit	Apple and cucumber
<u>Lunch</u> 12.00-1.00pm	Quorn vegan pieces served with mashed potato in a tomato sauce	vegetable soup	Pasta carbonara with homemade creamy soya sauce (without bacon)	Quorn vegan pieces with rice and peas	Beans on toast with violife cheese (vegan)
<u>Pudding</u>	Apple slices	Raisins	Rice cake	Cooked apple	Alpro yogurt (soya)
<u>Afternoon tea</u> 3.40pm-4.15	Vegetable girls with beans	Cream cheese (vegan) sandwiches with tomato chunks	Jam Crackers and alpro yogurt (soya)	Violife Cheese sandwiches (vegan)	Potato balls and vegetable fingers

<u>Week 3</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u> 8am-9am	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast
<u>Morning snack</u> 10am-10.20am	Mixed selection of fruit	Apple and pear	Oranges and raisins	Breadsticks and banana	Mixed selection of fruit
<u>Lunch</u> 12.00-1.00pm	Spinach and French bean soup	Quorn vegan pieces with spaghetti and tomato sauce	Lentil and red pepper casserole with couscous	vegetable rice	Creamy (soya) Broccoli and tomato pasta bake
<u>Pudding</u>	Rice cake	Jam crackers	Rice cake	Alpro Yogurt (soya)	Raisins
<u>Afternoon tea</u> 3.40pm-4.15	Crackers with violife cheese (vegan) and tomato	Vegetable grills and pepper sticks	Melted violife cheese on toast (vegan)	home-made cottage pie used with Quorn vegan pieces	Selection of jam and cream cheese sandwiches (vegan)

<u>Week 4</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u> 8am-9am	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast	Variety of cereals with soya milk and toast
<u>Morning snack</u> 10am-10.20am	Mixed selection of fruit	Oranges and breadsticks	Pear and cheese sticks	Peach and raisins	Apple and kiwi
<u>Lunch</u> 12.00-1.00pm	Lentil and tomato stew with rice and cucumber	Quorn vegan pieces with homemade mashed potato and French beans	vegetable lasagne	Broccoli and potato soup	Lentil and vegetable couscous
<u>Pudding</u>	Orange or clementine	Alpro yogurt (soya)	Cooked apple	Fruit salad	Rice cake
<u>Afternoon tea</u> 3.40pm-4.15	Jam toast	Vegetable fingers with salad	Crackers with soya butter	vegetable grills and potato balls	cucumber sandwiches and alpro yogurt (soya)