

Vegetarian menu

<u>Week 1</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u> <u>8am-9am</u>	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast
<u>Morning snack</u> <u>10am-10.20am</u>	Cucumber and kiwi	Apples and raisins	Pear and cheese sticks	clementine's and peach	Oranges and pepper sticks
<u>Lunch</u> <u>12.00-1.00pm</u>	Quorn mince with sweetcorn & carrot pasta mix	vegetable rice with salad	Home-made cottage pie used with Quorn mince	Vegetable soup	Broccoli and lentil Couscous
<u>Pudding</u>	Fruit yogurt	Banana slices	Raisins	Slice of cake	Sugar free jelly
<u>Afternoon tea</u> <u>3.40pm-4.15</u>	Vegetable fingers with salad	Tomato and cheese pizza	Baked beans on toast	Vegetable fingers with Salad	Selection of jam and cream cheese sandwiches

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

Week 3	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u> <u>8am-9am</u>	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast
<u>Morning snack</u> <u>10am-10.20am</u>	Mixed selection of fruit	Apple and pear	Oranges and raisins	Breadsticks and banana	Mixed selection of fruit
<u>Lunch</u> <u>12.00-1.00pm</u>	Spinach and French bean soup	Quorn mince Bolognaise	Lentil and red pepper casserole with couscous	vegetable rice	Creamy Broccoli and tomato pasta bake
<u>Pudding</u>	Rice cake	Ice cream	Fruit jelly	Fresh Yogurt	Raisins
<u>Afternoon tea</u> <u>3.40pm-4.15</u>	Crackers with cheddar cheese and tomato	Vegetable grills and pepper sticks	Tomato and cheese pizza	Home-made cottage pie used with Quorn vegan pieces	Selection of jam and cream cheese sandwiches

Week 4	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u> <u>8am-9am</u>	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast	Variety of cereals, milk and toast
<u>Morning snack</u> <u>10am-10.20am</u>	Mixed selection of fruit	Oranges and breadsticks	Pear and cheese sticks	Peach and raisins	Apple and kiwi
<u>Lunch</u> <u>12.00-1.00pm</u>	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	fresh yogurt	Cooked Apple	Fruit salad	Rice cake
<u>Afternoon tea</u> <u>3.40pm-4.15</u>	Jam toast	Vegetable fingers with salad	Crackers with butter	Vegetable grills and potato balls	Cucumber sandwiches and yogurt