



Vegan Winter Menu 2022/23



Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Dairy Free Macaroni Cheese	Vegetable Burger	Garlic & Herb Roast Quorn Fillet	Jacket Potato	Vegan Nuggets
Sweetcorn Mixed Salad	Savoury Rice Peas Baked Beans	Roast Potatoes Seasonal Vegetables Gravy	Dairy Free Cheese Baked Beans	Seasoned Wedges Sweetcorn Peas
Fruit Salad	Alpro Soya Yoghurt	Healthy Fruit Day	Chocolate Shortbread Biscuit	Alpro Soya Yoghurt

Week 2






Monday	Tuesday	Wednesday	Thursday	Friday
Sweet Potato and Lentil Curry	Jacket Potato	Vegetable Strudel	Vegan Pizza	Vegan Nuggets
Wholegrain & White Rice Green Beans Sweetcorn	Dairy Free Cheese Baked Beans	Roast Potatoes Seasonal Vegetables Gravy	Tomato and Basil Pasta Mixed Salad	Chips Baked Beans Peas
Fruit	Alpro Soya Yoghurt	Healthy Fruit Day	Iced Fruit Smoothie	Alpro Soya Yoghurt



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Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato	Vegan Meatballs	Seasoned Quorn Strips	Roasted Vegetables in a Tomato Sauce	Vegan Nuggets
Dairy Free Cheese Baked Beans	White and Wholegrain Rice Carrots Sweetcorn	Crispy Roast Potatoes Seasonal Vegetables Gravy.	Pasta Sweetcorn	Chips Peas Sweetcorn
				
Alpro Soya Yoghurt	Fruit Jelly	Healthy Fruit Day	Shortbread Biscuit	Iced Fruit Smoothie