



# Vegetarian Menu

## Week 1: Summer 2016



<b>Monday</b>	<u>Lunch</u>	<u>Tea</u>
	Meat free sausages served with minted new potatoes, peas, sweetcorn served with onion gravy  Orange wedges and apple slices	Homemade macaroni cheese with a tomato salad  Homemade apricot tart

<b>Tuesday</b>	<u>Lunch</u>	<u>Tea</u>
	Wild mushroom and pepper strudel with Lyonnaise potatoes and rocket  Raspberry jelly with fresh strawberries	Giant cous cous salad with three beans and sweetcorn in a lemon vinaigrette dressing  Honeydew melon wedges and red grapes

<b>Wednesday</b>	<u>Lunch</u>	<u>Tea</u>
	Soya bolognaise with wholewheat spaghetti  Homemade pineapple and cherry cake	Homemade sundried tomato, basil and cheddar cheese bread served with baked beans  Nectarine and pear wedges

<b>Thursday</b>	<u>Lunch</u>	<u>Tea</u>
	Stuffed tomato with basil and mozzarella, roast potatoes, broccoli, carrots and gravy  Watermelon wedges and sultanas	Wholewheat crackers served with Quorn slices and onion and chive cottage cheese served with cucumber sticks and cherry tomatoes  Organic Natural Yoghurt with fresh mango puree

<b>Friday</b>	<u>Lunch</u>	<u>Tea</u>
	Mixed mushroom risotto served with warm pitta bread  Fresh pineapple slices and grapes	Smoked chickpea loaded sweet potato skins served with pepper sticks  Homemade tropical flapjack