

Vegetarian Menu

Week 4: Summer 2016

Monday	<u>Lunch</u>	<u>Tea</u>
	Mixed mushroom and pepper risotto Fruity fromage frais	Homemade carrot stars served with cheese cubes and quorn slices Watermelon wedges and dried dates

Tuesday	<u>Lunch</u>	<u>Tea</u>
	Seasoned soya mince layered with macaroni and white sauce Nectarine and apple slices	Falafel in pitta bread with mint yoghurt with cucumber and sweet pepper salad served Homemade blueberry oatmeal bar

Wednesday	<u>Lunch</u>	<u>Tea</u>
	Toasted butternut squash bake with a summer salad Homemade carrot cake	Homemade 3 cheese and tomato pizza served with a carrot and beetroot salad Honeydew melon and orange wedges

Thursday	<u>Lunch</u>	<u>Tea</u>
	Stuffed mushroom served with potatoes, kale, sweetcorn and gravy Pineapple, grape and mango salad	Carrot and coriander soup with wholemeal baguette Homemade gingerbread biscuits

Friday	<u>Lunch</u>	<u>Tea</u>
	Homemade quorn pie served with carrots and peas Homemade munchy muesli bites	Baked bean & cheese pasta bake Apple slices and grapes