

Plant-Based Weekly Menu

Autumn/Winter



1

Monday

Margherita Pizza
(with **Vegan Cheese**)
and Potato Wedges

or

Vegemince Bolognese
with Spaghetti

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with Peas
and Sweetcorn

Iced Fruit
Smoothie

Tuesday

Plant Balls in a Wrap
with Steamed Rice
and a **Dip**

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with Salad Sticks

Homemade Jam Sponge
with Custard

Wednesday

Plant Sausages with Roast
Potatoes and Gravy

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with Carrots
and Cabbage

Homemade
Shortbread

Thursday

Tex Mex Chilli Loaded
Wedges with **Vegan Cheese**

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with Mixed
Vegetables

Fruit Jelly

Friday

Garden Vegetable
Goujons with Chips

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with Peas **or**
Baked Beans

Cocoa Oatcake
with Orange Wedges

Week One: 3 Nov | 24 Nov | 15 Dec | 19 Jan | 9 Feb | 9 Mar — Fresh Fruit Available Daily

2

Monday

Margherita Pizza
(with **Vegan Cheese**)
with Tomato Pasta

or

Sweet Potato and Lentil
Curry with Steamed Rice

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with Salad Sticks

Homemade Cocoa
Orange Cupcake

Tuesday

Vegan Cheese and
Tomato Pasta Bake

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with Peas
and Sweetcorn

Shortbread with
Apple Wedges

Wednesday

Plant Balls in Gravy
with Roast Potatoes

or

Vegan Cheese and
Potato Pie and Gravy

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with Carrots
and Green Beans

Iced Fruit
Smoothie

Thursday

Plant Sausage Pinwheel
with Potato Wedges

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with
Baked Beans

Fruit Jelly

Friday

Garden Vegetable
Goujons with Chips

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with Peas **or**
Baked Beans

Homemade Iced
Sprinkle Cake

Week Two: 10 Nov | 1 Dec | 5 Jan | 26 Jan | 23 Feb | 16 Mar — Fresh Fruit Available Daily

3

Monday

Plant Balls in Tomato Sauce
with Steamed Rice

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with Mixed
Vegetables

Flapjack with
Apple Wedges

Tuesday

Vegan Cheese and
Tomato Pasta Bake

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with Mixed Salad

Homemade Cocoa
Sponge with
Cocoa Sauce

Wednesday

Plant Sausages with Mashed
Potatoes and Gravy

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with
Carrots and Peas

Fruit Jelly

Thursday

Vegan Cheese and
Potato Pie and Gravy

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with Broccoli
and Sweetcorn

Iced Fruit Smoothie

Friday

Garden Vegetable
Goujons with Chips

or

Jacket Potato with Baked
Beans **and/or Vegan Cheese**

served with Peas **or**
Baked Beans

Homemade
Carrot Cake

Week Three: 17 Nov | 8 Dec | 12 Jan | 2 Feb | 2 Mar | 23 Mar — Fresh Fruit Available Daily

