

Fresh Ideas Feeding Minds

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

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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

