

SCHOOLS MEALS – AUTUMN TERM 2 Vegetarian/Vegan

2023	WEEK 1 6 th November	WEEK 2 13 th November	WEEK 3 20 th November	WEEK 4 27 th November	WEEK 5 4 th December	WEEK 6 11 th December	WEEK 7 18 th December
MONDAY	Vegan Sausage Roll & Beans ~~~ Oat & Raisin Cookie	Macaroni Cheese with Peas & Carrots ~~~ Oat & Ginger Cookie	Tomato and Vegetable Pasta ~~~ Strawberry Yoghurt	Pasta, Peas & Mushroom ~~~ Jam & Coconut Sponge Cake	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Fruity Flapjack	Tomato and Vegetable Pasta ~~~ Oat & Raisin Cookie	Macaroni Cheese with Peas & Carrots ~~~ Custard Biscuit
TUESDAY	Spaghetti with Lentil Ragu ~~~ Flapjack	Quorn Meatballs in a Tomato Sauce with Spaghetti ~~~ Custard Biscuit	Lentil Pie with Mixed Vegetables ~~~ Lemon Drizzle Cake	Quorn Pattie, Roast Potatoes, Mixed Vegetables & Gravy ~~~ Banana Muffin	Vegan Roll & Beans ~~~ Fruit Salad	Quorn Meatballs in a Tomato Sauce with Spaghetti ~~~ Apple Crumble Cake	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Fruit Salad
WEDNESDAY	Quorn Nuggets with Golden Rice & Salad ~~~ Fruit Salad	Butternut Squash Chasseur with New Potatoes ~~~ Sticky Ginger Cake	Mushroom Supreme with Fusilli ~~~ Banana Muffin	Mixed Bean Chili with Rice ~~~ Shortbread Biscuit	Butternut Squash Chasseur with New Potatoes ~~~ Oat & Ginger Cookie	Mushroom Supreme with Fusilli ~~~ Shortbread Biscuit	Quorn Christmas Dinner ~~~ Trifle or Mince Pie
THURSDAY	Quorn Sausage, Mash, Peas & Gravy ~~~ Yoghurt	Quorn Sausage in a Bun & Corn on the Cob ~~~ Shortbread Biscuit	Mixed Bean Casserole with Rice ~~~ Apple Crumble Cake	Quorn Nuggets with Wedges & Salad ~~~ Custard Biscuit	Spaghetti with Lentil Ragu ~~~ Lemon Drizzle Cake	Mixed Bean Chili with Rice ~~~ Jam & Coconut Sponge Cake	Quorn Sausage in a Bun & Corn on the Cob ~~~ Christmas Ice cream
FRIDAY	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Gingerbread Biscuit	Salmon Fishcake/Fishless Finger & Peas ~~~ Jam & Coconut Sponge Cake	Margherita Pizza with Salad ~~~ Fruit Salad	Fish Pie/Fishless Pie & Mixed Vegetables ~~~ Gingerbread Biscuit	Margaretta Pizza with Salad ~~~ Strawberry Yoghurt	Theatre Trip Packed Lunch <i>Cheese Sandwich, Cookie & Fruit</i>	Salmon Fishcake/Fishless Finger & Peas ~~~ Gingerbread Biscuit

All children will receive the main meal unless registered for vegetarian or specific dietary requirements i.e. gluten intolerance