

Vegetarian Autumn / Winter Menu 2022

All of our lunches are served with seasonal vegetables or fresh salad/Vegetarian option is always available/Cold sandwiches are always available/Fresh milk or water is always available throughout the day. **Breakfast is a variety of cereals, porridge, or fruit loaf with milk and water.** Breakfast provides 15% of a child's nutritional daily requirements, Lunch provides 30% of a child's nutritional daily requirements, Tea provides 25% of a child's nutritional daily requirements and Snack provides 10% of a child's nutritional daily

Week 1

Monday

Lunch- Macaroni Cheese **Tea-** Pitta & Hoummos **Snack-** potato cake
Pudding - Fruit cocktail **Pudding -** Vegetable sticks

Tuesday

Lunch- Spanish Quorn & Rice **Tea-** Cheese Muffins **Snack-** Breadsticks
Pudding - Bananas and custard **Pudding -** fresh fruit

Wednesday

Lunch- Veggie Cottage Bake **Tea-** Cheese Wraps **Snack-** Crumpets
Pudding - Cheese & Biscuits **Pudding -** vegetable sticks

Thursday

Lunch- Tomato & Bean Pasta Bake **Tea-** Mini Pizza **Snack-** Rice Cake
Pudding - fruit & yoghurt **Pudding -** fresh fruit

Friday

Lunch- Veggies Balls, Wedges & Peas **Tea-** Assorted sandwiches **Snack-** fruit
Pudding - Rice Pudding **Pudding -** fresh fruit

Week 2

Monday

Lunch- Vegetable Biryani **Tea-** Tomato Soup **Snack-** Breadstick
Pudding - Apple & Custard **Pudding -** Vegetable sticks

Tuesday

Lunch- Mushroom Sweetcorn Pasta **Tea-** Cream Cheese Bagel **Snack-** Fruit
Pudding - Banana **Pudding -** Fresh fruit

Wednesday

Lunch- Veg Tagine & Couscous **Tea-** Cheese Pitta **Snack-** Tea Cake
Pudding - Rice Pudding **Pudding -** Vegetable

Thursday

Lunch- Cauliflower Cheese **Tea-** Baked beans on toast **Snack-** potato cake
Pudding - Melon Wedge **Pudding -** Fresh fruit

Friday

Lunch- Mushroom Pasta **Tea-** Assorted Sandwiches **Snack-** Rice Cake
Pudding - Cheese & Cracker **Pudding -** Fresh Fruit



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Week 3

Monday

Lunch- Lentil Curry & Rice **Tea-** Tomato Pasta **Snack-** Breadsticks

Pudding – Cheese & Biscuits **Pudding –** Vegetable Sticks

Tuesday

Lunch- Sausage Casserole (V) **Tea-** Savoury Muffins **Snack-** Crumpets

Pudding – Yoghurt & Fruit **Pudding -** fresh fruit

Wednesday

Lunch- Pasta Bolognese (V) **Tea-** Carrot & Coriander Soup **Snack-** potato cake

Pudding – Rice Pudding **Pudding -** fresh fruit

Thursday

Lunch- Veggie Balls in Gravy with Potato & Peas **Tea-** Cheese Pitta **Snack-** Fruit

Pudding – Bananas & Custard **Pudding –** Vegetable Sticks

Friday

Lunch- Vegetable Pasta Bake **Tea-** Assorted Sandwiches **Snack-** Rice Cakes

Pudding – Apple Slices **Pudding -** fresh fruit

Week 4

Monday

Lunch- Vegetable Casserole **Tea-** Savoury Rice **Snack-** Potato cake

Pudding – Fruit Cocktail **Pudding –** Vegetable Sticks

Tuesday

Lunch- Veg Chilli ConCarne & Rice **Tea-** Cheesy Tuna Melt **Snack-** Crackers

Pudding – Banana & Custard **Pudding -** fresh fruit

Wednesday

Lunch- Green Pea Pasta **Tea-** Cheese Scone **Snack-** Breadstick

Pudding – Rice Pudding **Pudding -** fresh fruit

Thursday

Lunch- Vegetable Curry & Rice **Tea-** Sweet Potato Muffins **Snack-** Fruit

Pudding – Fruit yoghurt **Pudding -** Vegetable Sticks

Friday

Lunch- Sausage, Wedges & Beans (V) **Tea-** Assorted Sandwiches **Snack-**

Pudding – Melon Wedge **Pudding -** fresh Fruit

