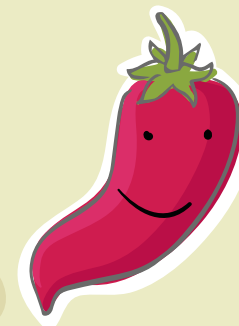


VEGAN menu

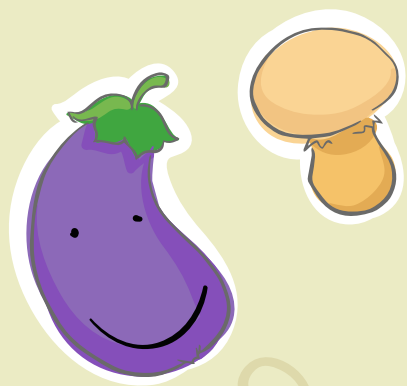


Week 1

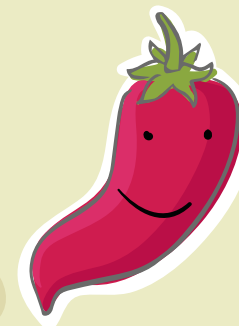


Starters	Soup and Bread	Soup and Bread	Soup and Bread	Soup and Bread	Soup and Bread
Vegan Main	Pasta Neapolitan (ve)	Vegetable Chow Mein (ve)	Mac and Cheese (ve)	Vegetable Chinese Curry	Fishless Fingers and Chips
Lighter Option	Vegan Cheese Sandwich	Baked Potato with Vegan Cheese and Beans	Vegan Cheese Sandwich	Baked Potato Vegan Cheese and Beans	Vegan Sausage Roll (ve)
Carbohydrate/ Vegetable	Oven Baked Wedges	Fried Rice	Herby Potato Cubes	Long Grain Boiled Rice	Chips
	Carrot and Pepper Sticks	Roasted Vegetables and Baby Corn	Sweetcorn and Cherry Tomatoes	Cauliflower and Mixed Vegetables	Peas and Beans
Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad
Breads	Baked rolls and Bread	Baked rolls and Bread	Baked rolls and Bread	Baked rolls and Bread	Baked rolls and Bread
Desserts	Fruit and Raisins	Fruit and Yoghurt	Fruit and Raisins	Fruit and Yoghurt	Fruit and Jelly

£2.43 – Starter, main choice or light option accompanied with their carbohydrate and vegetables, milk or flavoured milk and Dessert – pupils can have as much salad and bread and water as they want.



VEGAN menu

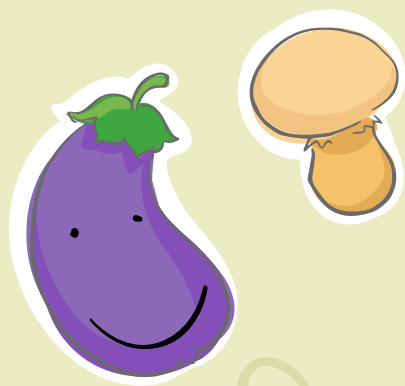


Week 2

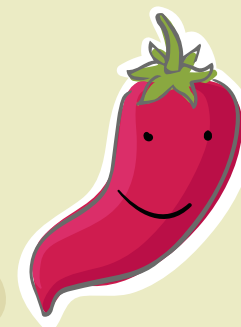


	MEAT FREE MONDAY	SLOW COOK TUESDAY	HOME GROWN WEDNESDAY	AROUND THE WORLD THURSDAY	FISHING FRIDAY
Starters	Soup and Bread	Soup and Bread	Soup and Bread	Soup and Bread	Soup and Bread
Vegan Main	GF Pizza with Vegan Cheese	Quorn Beef and Mash with Vegan Cheesy Top (ve)	Quorn Bangers and Mash (ve)	Sweet Potato and Chickpea Curry (ve)	Quorn Fishless Finger Sandwich (ve)
Lighter Option	Vegan Cheese Sandwich	Baked Potato with Beans and Vegan Cheese	Vegan Cheese Sandwich	Baked Potato with Vegan Cheese	Vegan Sausage Roll
Carbohydrate/ Vegetable	Oven Baked Wedges	Herby Potato Cubes	Potatoes	Naan Bread/Boiled Rice	Chips
	Carrot and Pepper sticks	Cucumber Batons and Sweetcorn	Carrot and Peas	Broccoli and Green Beans	Beans and Peas
Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad
Breads	Baked rolls and Bread	Baked rolls and Bread	Baked rolls and Bread	Baked rolls and Bread	Baked rolls and Bread
Desserts	Fruit and Raisins	Fruit and Yoghurt	Fruit and Raisins	Fruit and Yoghurt	Fruit and Jelly

£2.43 – Starter, main choice or light option accompanied with their carbohydrate and vegetables, milk or flavoured milk and Dessert – pupils can have as much salad and bread and water as they want.



VEGAN menu



Week 3



Starters	Soup and Bread	Soup and Bread	Soup and Bread	Soup and Bread	Soup and Bread
Vegan Main	Quorn Dippers (ve)	Ratatouille (ve)	Quorn Vegan Fillet (ve)	Vegan Hot Dog (ve)	Fishless Fingers (ve)
Lighter Option	Vegan Cheese Sandwich	Baked Potato with Vegan Cheese	Vegan Cheese Sandwich	Baked Potato with Beans and Vegan Cheese	Vegan Sausage Roll (ve)
Carbohydrate/ Vegetable	Oven Baked Wedges	Pasta	Croquettes	Herby Potato Cubes	Chips
	Carrot and Pepper sticks	Broccoli and Mixed Vegetables	Peas and Cabbage	Corn on the Cob and Cucumber Batons	Peas and Beans
Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad	Green Garden Salad
Breads	Baked rolls and Bread	Baked rolls and Bread	Baked rolls and Bread	Baked rolls and Bread	Baked rolls and Bread
Desserts	Fruit and Raisins	Fruit and Yoghurt	Fruit and Raisins	Fruit and Yoghurt	Fruit and Jelly

£2.43 – Starter, main choice or light option accompanied with their carbohydrate and vegetables, milk or flavoured milk and Dessert – pupils can have as much salad and bread and water as they want.