

# Plant-Based Weekly Menu

Autumn/Winter



1

Monday

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

or

Tex Mex Chilli with Steamed Rice

or

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

served with Crunchy Vegetable Sticks

**Homemade Lemon Cupcake**

Tuesday

**Vegan Cheese and Tomato Pasta Bake**

or

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

served with Sweetcorn

**Homemade Pear and Ginger Sponge with Custard**

Wednesday

Plant-Powered Sausages with Mashed Potato and Gravy

or

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

served with Broccoli and Carrots

**Iced Fruit Smoothie**

Thursday

Sweet Potato and Lentil Curry with Steamed Rice

or

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

served with Mixed Vegetables

**Homemade Cocoa Cupcake**

Friday

Garden Vegetable Goujons with Chips

or

**Plant-Powered Sausages with Chips**

or

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

served with Peas or Baked Beans

**Homemade Shortbread** with Apple Wedges

Week One: 4 Nov | 25 Nov | 16 Dec | 20 Jan | 10 Feb | 10 Mar | 31 Mar - Fresh Fruit Available Daily

2

Monday

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

or

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

served with Baked Beans

**Homemade Autumn Muffin**

Tuesday

BBQ Plant Balls with Pasta

or

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

served with Mixed Salad

**Iced Fruit Smoothie**

Wednesday

**Vegan Cheese and Potato Pie** and Gravy

or

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

served with Cabbage and Carrots

**Homemade Shortbread**

Thursday

**Vegan Cheese and Tomato Pasta Bake**

or

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

served with Peas and Sweetcorn

Apple Crumble with **Custard**

Friday

Garden Vegetable Goujons with Chips

or

**Plant-Powered Sausages** with Chips

or

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

served with Peas or Baked Beans

Flapjack with Orange Wedges

Week Two: 11 Nov | 2 Dec | 6 Jan | 27 Jan | 24 Feb | 17 Mar - Fresh Fruit Available Daily

3

Monday

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

or

Vegemince Curry with Steamed Rice

or

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

served with Sweetcorn

**Homemade Cocoa Sponge with Sauce**

Tuesday

**Vegan Cheese and Tomato Pasta Bake**

or

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

served with Mixed Vegetables

**Iced Fruit Smoothie**

Wednesday

**Plant Balls** in Gravy with Roast Potatoes

or

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

served with Carrots and Green Beans

Shortbread with Apple Wedges

Thursday

**Plant-Powered Sausages in a Homemade Roll** with Potato Wedges

or

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

served with Peas and Sweetcorn

**Iced Fruit Smoothie**

Friday

Garden Vegetable Goujons with Chips

or

**Plant-Powered Sausages** with Chips

or

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

served with Peas or Baked Beans

**Homemade Iced Sprinkle Cake**

Week Three: 18 Nov | 9 Dec | 13 Jan | 3 Feb | 3 Mar | 24 Mar - Fresh Fruit Available Daily

