Fresh Ideas Feeding Minds

Plant-Based Weekly Menu

Autumn/Winter



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Monday	Tuesday	Wednesday	Thursday	Friday
Vegan Cheese and Tomato Pasta Bake **or** Tex Mex Chilli and Steamed Rice **or** Jacket Potato with Baked Beans **and/or Vegan Cheese** served with Peas and Sweetcorn **Homemade Cocoa Cake**	BBQ Plant Ball **Sub Roll** with Potato Wedges **or** Jacket Potato with Baked Beans **and/or Vegan Cheese** served with Mixed Salad **Iced Fruit Smoothie**	**Vegan Cheese and Potato Pie** and Gravy served with Carrots and Green Beans Fresh Fruit Selection	Vegemince Bolognese with Pasta Twists **or** Jacket Potato with Baked Beans **and/or Vegan Cheese** served with Broccoli and Carrots **Apple Sponge with Custard**	**Garden Vegetable Goujons** with Chips served with Peas **or** Baked Beans **Ginger Shortbread** with Orange Wedges

Week One: 3 Nov | 23 Nov | 14 Dec | 18 Jan | 8 Feb | 8 Mar - Fresh Fruit Available Daily

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Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza (with Vegan Cheese) with Potato Wedges **or** **Winter Vegetable Pasta Bake** **or** Jacket Potato with Baked Beans **and/or Vegan Cheese** served with Peas **Homemade Banana Cupcake**	**Vegetarian Taco** with Steamed Rice **or** Jacket Potato with Baked Beans **and/or Vegan Cheese** served with Sweetcorn Fresh Fruit Selection	Vegetarian Cottage Pie and Gravy served with Carrots and Broccoli Flapjack with Apple Wedges	Jacket Potato with Baked Beans **and/or Vegan Cheese** served with Mixed Vegetables **Homemade Cocoa Sponge with Cocoa Sauce**	**Garden Vegetable Goujons** **or** **Vegetarian Enchilada** with Chips served with Peas **or** Baked Beans Cinnamon Bun

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Week Two: 9 Nov | 30 Nov | 4 Jan | 25 Jan | 22 Feb | 15 Mar — Fresh Fruit Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza (with Vegan Cheese) with Tomato Pasta **or** **Loaded Tomato and Bean Bake (with Vegan Cheese)** **or** Jacket Potato with Baked Beans **and/or Vegan Cheese** served with Salad Sticks **Homemade Cocoa Cupcake**	Jacket Potato with Baked Beans **and/or Vegan Cheese** served with Peas and Sweetcorn Fruit Jelly	Plant Sausages with Mashed Potatoes and Gravy served with Mixed Vegetables **Homemade Oaty Cookie**	Vegetable Curry with Steamed Rice **or** Jacket Potato with Baked Beans **and/or Vegan Cheese** served with Broccoli **Homemade Shortbread**	**Garden Vegetable Goujons** with Chips served with Peas **or** Baked Beans Fresh Fruit Selection

Week Three: 16 Nov | 7 Dec | 11 Jan | 1 Feb | 1 Mar | 22 Mar — Fresh Fruit Available Daily



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