

SCHOOLS MEALS – AUTUMN TERM 1 VEGETARIAN/VEGAN

2023	WEEK 1 4 th September	WEEK 2 11 th September	WEEK 3 18 th September	WEEK 4 25 th September	WEEK 5 2 nd October	WEEK 6 9 th October	WEEK 7 16 th October	WEEK 8 23 rd October
MONDAY	TED	Macaroni Cheese with Peas & Carrots ~~~ Oat & Raisin Cookie	Tomato and Vegetable Pasta ~~~ Strawberry Yoghurt	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Jam & Coconut Sponge Cake	Pasta, Peas & Mushroom ~~~ Fruity Flapjack	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Oat & Raisin Cookie	Macaroni Cheese with Peas & Carrots ~~~ Strawberry Yoghurt	Tomato and Vegetable Pasta ~~~ Custard Biscuit
TUESDAY	TED	Lentil Pie with Mixed Vegetables ~~~ Blueberry Scone	Spaghetti with Lentil Ragu ~~~ Custard Biscuit	Mixed Bean Casserole with Rice ~~~ Oat & Raisin Cookie	Quorn Nuggets with Golden Rice & Salad ~~~ Fruit Salad	Meat free Meatballs in a Tomato Sauce with Spaghetti ~~~ Apple Crumble Cake	Quorn Casserole with Rice ~~~ Fruit Salad	Mushroom Supreme with Fusilli ~~~ Ginger Cake
WEDNESDAY	Quorn Nuggets with Golden Rice & Salad ~~~ Fruity Flapjack	Butternut Squash Chasseur with New Potatoes ~~~ Ginger Cake	Quorn, Roast Potatoes, Mixed Vegetables & Gravy ~~~ Fruit Salad	Mushroom Supreme with Fusilli ~~~ Lemon Drizzle Cake	Lentil Pie with Mixed Vegetables ~~~ Oat & Ginger Cookie	Butternut Squash Chasseur with New Potatoes ~~~ Blueberry Scone	Quorn, Roast Potatoes, Mixed Vegetables & Gravy ~~~ Oat & Ginger Cookie	Quorn Sausage in a Bun & Corn on the Cob ~~~ Fruity Flapjack
THURSDAY	Meat free Meatballs in a Tomato Sauce with Spaghetti ~~~ Fruit Salad	Quorn Sausage in a Bun & Corn on the Cob ~~~ Custard Biscuits	Quorn Sausage, Mash & Beans ~~~ Apple Crumble Cake	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Vanilla Biscuit	Quorn Sausage in a Bun & Corn on the Cob ~~~ Custard Biscuits	Mixed Bean Casserole with Rice ~~~ Jam & Coconut Sponge Cake	Spaghetti with Lentil Ragu ~~~ Lemon Drizzle Cake	TED
FRIDAY	Baked Potato Tuna Mayo, Cheese or Beans & Salad ~~~ Oat & Raisin Cookie	Salmon Fishcake/Fishless Fingers & Peas ~~~ Jam & Coconut Sponge Cake	Margherita Pizza with Salad ~~~ Fruit Salad	Fish Pie/Butterbean Pie & Mixed Vegetables ~~~ Blueberry Scone	Margherita Pizza with Salad ~~~ Strawberry Yoghurt	Salmon Fishcake/Fishless Fingers & Peas ~~~ Vanilla Biscuit	Fish Pie /Butterbean Pie & Mixed Vegetables ~~~ Fruity Flapjack	TED

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