

Weekly Vegetarian Menus – May 2016

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Toast	Wraps and cheese spread	Cucumber sticks and dip	Rice Cakes	Fruit
Lunch	Vegetarian Sausage, wedges and peas Yoghurt	Soya Chicken casserole and new potatoes Jelly and ice cream	Fish pie and vegetables Fruit	Pasta bolognaise Yoghurt	Soup, bread roll and cheese roll Flapjack
Snack	Rice cake	Fruit	Toast	Cucumber sticks and dip	Crumpets
Tea	Fish cakes, new potatoes, vegetables Fruit	Tuna pasta bake Rock Buns	Cheese slice and beans Buns	Soya Chicken and vegetables with rice Fruit	Vegetarian Meatballs in onion gravy, creamed potato, vegetables Yoghurt

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Cucumber and dip	Rice Cakes	Wraps and cheese spread	Toast	Fruit
Lunch	Vegetarian Burgers, wedges and beans Fruit	Vegetarian Mince, vegetables and rice Cake	Soya Chicken pasta bake Fruit cookies	Fish Goujons, new potatoes and Vegetables Yoghurt	Panagette (contains sliced potatoes, eggs, milk and cheese) Jelly
Snack	Toast	Cucumber and dip	Crumpets	Fruit	Rice cakes
Tea	Fish fingers, potatoes and vegetables Yoghurt	Quiche and beans Fruit Jelly	Vegetarian Mince and vegetable cobbler Fruit	Soya chicken and sweetcorn tagliatelle Raspberry Buns	Vegetarian Cornish pie, potatoes and vegetables Flapjack

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Rice Cake	Fruit	Toast	Cucumber and dip	Crumpets
Lunch	Fish cakes, new potatoes and vegetables Fruit	Tuna pasta bake Rock Buns	Cheese slice and beans Buns	Soya Chicken, vegetables and rice Fruit	Vegetarian Meatballs in onion gravy, creamed potato, vegetables Yoghurt
Snack	Rice cakes	Wraps and cheese spread	Cucumber and dip	Rice cakes	Fruit
Tea	Vegetarian Sausage, wedges and peas Yoghurt	Soya Chicken casserole and new potatoes Jelly and ice cream	Fish pie and vegetables Fruit	Pasta bolognaise Yoghurt	Soup, bread roll and cheese roll Flapjack

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Toast	Cucumber and dip	Crumpets	Fruit	Rice cakes
Lunch	Fish fingers, potatoes and vegetables Yoghurt	Quiche and beans Fruit Jelly	Vegetarian Mince and vegetable cobbler Fruit	Soya Chicken and sweetcorn tagliatelle Raspberry Buns	Cornish pie, potatoes and vegetables Flapjack
Snack	Cucumber and dip	Rice cakes	Wraps and cheese spread	Toast	Cucumber sticks and dip
Tea	Vegetarian Burgers, wedges and beans Fruit	Vegetarian Mince, vegetables and rice Cake	Soya Chicken pasta bake Fruit cookies	Fish Goujons, new potatoes and vegetables Yoghurt	Panagette Jelly