

# Vegan Autumn Dinner Menu Week One

w/c: 4<sup>th</sup> September, 18<sup>th</sup> September, 2<sup>nd</sup> October, 16<sup>th</sup> October

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main</u>	Vegan Cheese and Tomato Pizza	Spicy bean burger	Herby Quorn fillet	Ratatouille pasta bake	
<u>Sides</u>	Sweetcorn	Potato wedges, beans or sweetcorn	Potatoes, seasonal veg, gravy (optional)	Garlic bread	Jacket potato with Vegan cheese
<u>Alternative</u>	Jacket Potato with vegan cheese	Jacket potato with beans		Roll with vegan cheese	Fruit salad
<u>Dessert</u>	Jelly and fruit	Vegan chocolate muffin	Alpro Yoghurt and a selection of fruit	Chocolate oatcake	

# Vegan

## Autumn Dinner Menu

### Week Two

w/c: 11<sup>th</sup> September, 25<sup>th</sup> September, 9<sup>th</sup> October

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Main</u>		Vegetable lentil curry	Vegetable parcels	Roasted Vegetable and Vegan cheese Quesadilla	Crispy Veggie fingers
<u>Sides</u>	Jacket potato with Vegan cheese	Rice and broccoli	Roast potatoes, seasonal veg and gravy (optional)	Lettuce and sweetcorn	Chips, beans or peas
<u>Alternative</u>				Jacket Potato with Vegan cheese	Jacket potato with beans
<u>Dessert</u>	Selection of fruit	Vegan chocolate muffin	Fruit salad and Alpro yoghurt	Homemade biscuits	Lolly