

VEGAN

Week 1 W/C: 17 Apr / 8 May / 5 June / 26 Jul / 17 Aug

	Monday	Tuesday	Wednesday	Thursday	Friday
Main					
Veggie	Vegan Cheese & Tomato Pasta	Vegan Quorn Sausage in a Roll		Vegan Cheese & Tomato Pizza	Vegan Burger
Sides	Homemade Garlic Bread, Mixed Veg or Salad Bar	Sweetcorn Bites	Roast Potatoes, Broccoli, Baby Carrots, Veggie Gravy	Jacket Wedges & Sweetcorn	Chips, Beans & Peas
Jacket/Roll	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese
Dessert	Apple Flapjack or Fruit	Fruit	Vanilla Shortbread & Vegan Sorbet or Fruit	Fruit	Fruit

Week 2 W/C: 24 Apr / 15 May / 12 Jun / 3 Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
Main					
Veggie	Vegan Burger in a Bun	Vegan Cheese & Tomato Pasta Bake	Vegan Quorn Sausages & Veggie Gravy	Vegan Cheese & Tomato Pizza	Quorn Fishless Fingers
Sides	Roasted New Potatoes, Mixed Veg or Salad Bar	Homemade Garlic Bread, Broccoli or Salad Bar	Roasted Potatoes, Baby Carrots, Green Beans	Jacket Wedges, Sweetcorn	Chips, Peas, Beans or Salad
Jacket	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese
Dessert	Vegan Sorbet or Fruit	Fruit	Vegan Sorbet & Berry Compot or Fruit	Fruit Cocktail	Fruit

Week 3 W/C: 1 May / 22 May / 19 Jun / 10 Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
Main					
Veggie	Vegan Meatballs with Homemade Tomato Sauce & Pasta	Vegan All Day Breakfast - Vegan Sausages, Hash Browns, Beans, Tomato	Vegan Roast & Veggie Gravy	Vegan Cheese & Tomato Pizza	Vegan Nuggets
Sides	Homemade Garlic Bread, Mixed Veg or Salad Bar	Salad Bar	Roast Potatoes, Broccoli & Baby Carrots	Jacket Wedges, Sweetcorn or Salad Bar	Chips, Peas, Beans or Salad
Jacket	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese	Jacket Potato with Vegan Cheese or Beans Roll with Vegan Cheese
Dessert	Blackcurrant Flapjack or Fruit	Fruit	Vegan Sorbet & Berry Compot or Fruit	Fruit	Chocolate Dream Cookie or Fruit

The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit or hidden veg



The fish we serve is from well-managed and sustainable fisheries



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers