

HV: Hidden veg in our sauces and cakes

Week 1 W/C: 1 Jan / 22 Jan / 19 Feb / 11 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main					
Vegan	Vegan Mince Bolognese & Pasta HV	Tomato Tumble Topped with Vegan Cheese Scone	Vegan Roast & Roast Potatoes	Vegan Margherita Pizza HV	Vegan nuggets & Chips HV
Sides	Peas or Salad Bar	Stir Fried Vegetables or Salad Bar	Broccoli, Baby Carrots & Vegan Gravy or Salad Bar	Sauted Potatoes & Sweetcorn	Crispy Salad, Coleslaw or Beans
Jacket/Roll	Jacket Potato with V Cheese or Beans / Roll with V Cheese	Jacket Potato with V Cheese or Beans / Baguette with V Cheese	Jacket Potato with V Cheese or Beans / Roll with V Cheese	Jacket Potato with V Cheese or Beans / Roll with V Cheese	Jacket Potato with V Cheese or Beans / Baguette with V Cheese
Dessert	Vegan Cake or Fruit	Vegan Biscuit or Fruit	Vegan yoghurt or Fruit	Vegan Flapjack or Fruit	Chocolate Dream Cookie or Fruit

Week 2 W/C: 8 Jan / 29 Jan / 26 Feb / 18 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main					
Vegan	Tomato, Bean & Pepper Vegan Cheesy Pasta Bake HV	Vegan Cheese Potato & Red Onion Homemade Pasty	Vegan Roast & Roast Potatoes	Vegan Margherita Pizza HV	Baked Vegan Cheese & Tomato Wraps HV
Sides	Peas or Salad Bar	Green Beans or Salad Bar	Baby Carrots, White Cabbage & Vegan Gravy or Salad Bar	Baked Jacket Wedges, Sweetcorn or Salad Bar	Chips, Spaghetti Hoops, Peas or Salad Bar
Jacket	Jacket Potato with V Cheese or Beans / Roll with V Cheese	Jacket Potato with V Cheese or Beans / Baguette with V Cheese	Jacket Potato with V Cheese or Beans / Roll with V Cheese	Jacket Potato with V Cheese or Beans / Roll with V Cheese	Jacket Potato with V Cheese or Beans / Roll with V Cheese
Dessert	Vegan Cake or Fruit	Oat Cookie or Fruit	Vegan yoghurt or Fruit	Vegan muffin or Fruit	Vegan Cookie or Fruit

Week 3 W/C: 15 Jan / 5 Feb / 4 Mar / 25 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main					
Vegan	Vegan Meat-free Meatballs & Tomato Sauce in V Cheesy Tortilla	Quorn fillet	Vegan Roast & Roast Potatoes	Vegan Margherita Pizza HV	Vegan Nuggets & Chips
Sides	Peas or Salad Bar	Rice & Sweetcorn	Broccoli, Baby Carrots & Vegan Gravy or Salad Bar	Diced Herby Potatoes & Sweetcorn or Salad Bar	Beans, Peas or Salad Bar
Jacket	Jacket Potato with V Cheese or Beans / Roll with V Cheese	Jacket Potato with V Cheese or Beans / Baguette with V Cheese	Jacket Potato with V Cheese or Beans / Roll with V Cheese	Jacket Potato with V Cheese or Beans / Roll with V Cheese	Jacket Potato with V Cheese or Beans / Roll with V Cheese
Dessert	Vegan Cake or Fruit	Vegan Biscuit or Fruit	Vegan Yoghurt or Fruit	Vanilla Muffin or Fruit	Vegan Peppermint Oat 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