



VEGAN MENU

4 WEEKS



MEATLESS MONDAY 31 AUGUST	TUESDAY 01 SEPTEMBER	WEDNESDAY 02 SEPTEMBER	THURSDAY 03 SEPTEMBER	FRIDAY
CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	VEGETABLE FAJITA, POTATO WEDGES, SWEET CORN & SLICED APPLE	MUSHROOM BALL WITH TOMATO SAUCE, STEAM RICE, CARROT AND SLICED ORANGE	OVEN VEG SCHNITZEL WITH GRAVY, MASH POTATO, CARROT AND SLICED PEAR	NO LUNCH
GLUTEN	N/A	GLUTEN	GLUTEN	
MEATLESS MONDAY 07 SEPTEMBER	TUESDAY 08 SEPTEMBER	WEDNESDAY 09 SEPTEMBER	THURSDAY 10 SEPTEMBER	FRIDAY
HOMEMADE VEG COTTAGE PIE, BREAD, CARROT AND SLICED WATERMELON	VEGETABLE CHUNKS WITH MUSROOM SAUCE, STEAM RICE, CUCUMBER AND SLICED APPLE	RATATOUILLE WITH BAKED POTATO, SALAD, TORTILLA AND SLICED ORANGE	VEGETABLE LASAGNE WITH BREAD ROLL & SWEET CORN AND SLICED PEAR	NO LUNCH
SOYA, GLUTEN	GLUTEN	GLUTEN	GLUTEN	
MEATLESS MONDAY 14 SEPTEMBER	TUESDAY 15 SEPTEMBER	WEDNESDAY 16 SEPTEMBER	THURSDAY 17 SEPTEMBER	FRIDAY
PLANT BASED POPS WITH MASHED POTATO, MUSHROOM SAUCE, GREEN SALAD AND SLICED WATERMELON	FALAFEL, PASTA ARABIATTA SAUCE CARROT AND SLICED APPLE	VEGAN PUMPKIN BALLS WITH STEAM RICE, TOMATO SAUCE, CUCUMBER AND SLICED ORANGE	TOFU WITH NOODLE, SWEET & SOUR SAUCE, CUCUMBER AND SLICED PEAR	NO LUNCH
GLUTEN	GLUTEN	GLUTEN	SOYA, GLUTEN	
MEATLESS MONDAY 21 SEPTEMBER	TUESDAY 22 SEPTEMBER	WEDNESDAY 23 SEPTEMBER	THURSDAY 24 SEPTEMBER	FRIDAY
PLANT BASED KOFTA WITH KABSA RICE, CUCUMBER STICK & SLICED WATERMELON	VEGETABLE TERIYAKI NOODLES, VEG SPRING ROLL, CARROT AND SLICED APPLE	VEGETABLE LASAGNE WITH BREAD ROLL & SWEET CORN AND SLICED ORANGE	MUSHROOM STROGANOFF WITH STEAM RICE, CUCUMBER AND SLICED PEAR	NO LUNCH
SOYA	GLUTEN, SOYA	GLUTEN	N/A	
MEATLESS MONDAY 28 SEPTEMBER	TUESDAY 29 SEPTEMBER	WEDNESDAY 30 SEPTEMBER	THURSDAY	FRIDAY
CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	VEGETABLE FAJITA, POTATO WEDGES, SWEET CORN AND SLICED APPLE	MUSHROOM BALL WITH TOMATO SAUCE, STEAM RICE, CARROT AND SLICED ORANGE		NO LUNCH
GLUTEN	GLUTEN	GLUTEN		



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	MEATLESS MONDAY 31 AUGUST	TUESDAY 01 SEPTEMBER	WEDNESDAY 02 SEPTEMBER	THURSDAY 03 SEPTEMBER																																																												
LUNCH (Main Dish, Veg/ Sides, & Fruits)	CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	VEGETABLE FAJITA, POTATO WEDGES, YOGHURT, SWEET CORN AND SLICED APPLE	MUSHROOM BALL WITH TOMATO SAUCE, STEAM RICE, CARROT AND SLICED ORANGE	OVEN VEG SCHNITZEL WITH GRAVY, MASH POTATO, CARROT AND SLICED PEAR																																																												
ALLERGENS	GLUTEN	N/A	GLUTEN, SULPHITES	GLUTEN, SOYA																																																												
NUTRITION FACTS (Per Serving 300g)	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>1128.2kJ 269.6kcal</td><td>5.2g MED</td><td>2.4g MED</td><td>5.6g MED</td><td>1.2g MED</td></tr><tr><td>13%</td><td>7%</td><td>12%</td><td>6%</td><td>20%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	1128.2kJ 269.6kcal	5.2g MED	2.4g MED	5.6g MED	1.2g MED	13%	7%	12%	6%	20%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>753.5kJ 180.1kcal</td><td>2.1g LOW</td><td>0.4g LOW</td><td>11.9g MED</td><td>0.6g MED</td></tr><tr><td>9%</td><td>3%</td><td>2%</td><td>13%</td><td>10%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	753.5kJ 180.1kcal	2.1g LOW	0.4g LOW	11.9g MED	0.6g MED	9%	3%	2%	13%	10%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>729.9kJ 174.4kcal</td><td>1.2g LOW</td><td>0.2g LOW</td><td>8.7g MED</td><td>0.9g MED</td></tr><tr><td>9%</td><td>2%</td><td>1%</td><td>10%</td><td>16%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	729.9kJ 174.4kcal	1.2g LOW	0.2g LOW	8.7g MED	0.9g MED	9%	2%	1%	10%	16%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>1630.4kJ 389.7kcal</td><td>4.1g MED</td><td>1.3g LOW</td><td>16.8g MED</td><td>0.6g MED</td></tr><tr><td>19%</td><td>6%</td><td>6%</td><td>19%</td><td>10%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	1630.4kJ 389.7kcal	4.1g MED	1.3g LOW	16.8g MED	0.6g MED	19%	6%	6%	19%	10%
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CARBON FOOTPRINT SCORE (per 100g serving)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.1 kgCO₂e/100g CREAMY CAULI MAC N CHEESE, BREAD ROLL, CUCUMBER &...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.11 kgCO₂e/100g VEGETABLE FAJITA, POTATO WEDGES, YOGHURT, SWEET CO...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.12 kgCO₂e/100g MUSHROOM BALL WITH TOMATO SAUCE, STEAM RICE, CARROT &..	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.16 kgCO₂e/100g OVEN VEGETABLE SCHNITZEL WITH GRAVY, MASH POTATO,...																																																												

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CARBON FOOTPRINT SCORE (per 100g serving)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.17 kgCO₂e/100g PLANT BASED POPS WITH MASHED POTATO, MUSHROOM...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.17 kgCO₂e/100g PASTA WITH ARABIATTA SAUCE, FALAFEL, CARROT & SLICED...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.13 kgCO₂e/100g VEGAN PUMPKIN BALL WITH TOMATO SAUCE, STEAM RICE,...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.09 kgCO₂e/100g TOFU NOODLE, SWEET & SOUR SAUCE, CUCUMBER & SLICED...																																								

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NUTRITION FACTS (Per Serving 300g)	<table><tr><td>ENERGY 900.4kJ 215.2kcal</td><td>FAT 1.4g LOW</td><td>SATURATES 0.3g LOW</td><td>SUGAR 6.4g MED</td><td>SALT 1.2g MED</td></tr><tr><td>11%</td><td>2%</td><td>2%</td><td>7%</td><td>20%</td></tr></table>	ENERGY 900.4kJ 215.2kcal	FAT 1.4g LOW	SATURATES 0.3g LOW	SUGAR 6.4g MED	SALT 1.2g MED	11%	2%	2%	7%	20%	<table><tr><td>ENERGY 848.9kJ 202.9kcal</td><td>FAT 2.2g LOW</td><td>SATURATES 0.4g LOW</td><td>SUGAR 12.1g MED</td><td>SALT 1g MED</td></tr><tr><td>10%</td><td>3%</td><td>2%</td><td>13%</td><td>17%</td></tr></table>	ENERGY 848.9kJ 202.9kcal	FAT 2.2g LOW	SATURATES 0.4g LOW	SUGAR 12.1g MED	SALT 1g MED	10%	3%	2%	13%	17%	<table><tr><td>ENERGY 1081.2kJ 258.4kcal</td><td>FAT 3g LOW</td><td>SATURATES 1.2g LOW</td><td>SUGAR 11g MED</td><td>SALT 0.9g MED</td></tr><tr><td>13%</td><td>4%</td><td>6%</td><td>12%</td><td>15%</td></tr></table>	ENERGY 1081.2kJ 258.4kcal	FAT 3g LOW	SATURATES 1.2g LOW	SUGAR 11g MED	SALT 0.9g MED	13%	4%	6%	12%	15%	<table><tr><td>ENERGY 1432.7kJ 342.4kcal</td><td>FAT 1.2g LOW</td><td>SATURATES 0.2g LOW</td><td>SUGAR 7.1g MED</td><td>SALT 0.8g MED</td></tr><tr><td>17%</td><td>2%</td><td>1%</td><td>8%</td><td>13%</td></tr></table>	ENERGY 1432.7kJ 342.4kcal	FAT 1.2g LOW	SATURATES 0.2g LOW	SUGAR 7.1g MED	SALT 0.8g MED	17%	2%	1%	8%	13%
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CARBON FOOTPRINT SCORE (per 100g serving)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.1 kgCO₂e/100g MINCED VEG SPAGHETTI WITH TOMATO SAUCE, CUCUMBER...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.12 kgCO₂e/100g VEGETABLE TERIYAKI NOODLES, CARROT STICKS & SLICED APPLE	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.11 kgCO₂e/100g VEGETABLE LASAGNE WITH BREAD ROLL, SWEET CORN &...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.16 kgCO₂e/100g MUSHROOM STROGANOFF WITH STEAM RICE, CUCUMBER &...																																								



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LUNCH (Main Dish, Veg/ Sides, & Fruits)	CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	VEGETABLE FAJITA, POTATO WEDGES, SWEET CORN AND SLICED APPLE	MUSHROOM BALL WITH TOMATO SAUCE, STEAM RICE, CARROT AND SLICED ORANGE	
ALLERGENS	GLUTEN	N/A	GLUTEN, SULPHITES	
NUTRITION FACTS (Per Serving 300g)	ENERGY 1128.2kJ 269.6kcal 13% FAT 5.2g MED 7% SATURATES 2.4g MED 12% SUGAR 5.6g MED 6% SALT 1.2g MED 20%	ENERGY 753.5kJ 180.1kcal 9% FAT 2.1g LOW 3% SATURATES 0.4g LOW 2% SUGAR 11.9g MED 13% SALT 0.6g MED 10%	ENERGY 729.9kJ 174.4kcal 9% FAT 1.2g LOW 2% SATURATES 0.2g LOW 1% SUGAR 8.7g MED 10% SALT 0.9g MED 16%	
CARBON FOOTPRINT SCORE (per 100g serving)	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.1 kgCO₂e/100g CREAMY CAULI MAC N CHEESE, BREAD ROLL, CUCUMBER &...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.11 kgCO₂e/100g VEGETABLE FAJITA, POTATO WEDGES, YOGHURT, SWEET CO...	LOWMODHIGHV.HIGHEXTREME CO₂ A B C D E 0.12 kgCO₂e/100g MUSHROOM BALL WITH TOMATO SAUCE, STEAM RICE, CARROT &..	