



VEGETARIAN MENU

4 WEEKS



			THURSDAY 01 OCTOBER	FRIDAY
			OVEN VEG SCHNITZEL WITH GRAVY, MASH POTATO, CARROT AND SLICED PEAR	NO LUNCH
			GLUTEN	
MEATLESS MONDAY 05 OCTOBER	TUESDAY 06 OCTOBER	WEDNESDAY 07 OCTOBER	THURSDAY 08 OCTOBER	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, DAIRY	GLUTEN	GLUTEN, DAIRY	
MEATLESS MONDAY 12 OCTOBER	TUESDAY 13 OCTOBER	WEDNESDAY 14 OCTOBER	THURSDAY 15 OCTOBER	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 19 OCTOBER	TUESDAY 20 OCTOBER	WEDNESDAY 21 OCTOBER	THURSDAY 22 OCTOBER	FRIDAY
PLANT BASED KOFTA WITH KABSARICE, 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, DAIRY	N/A	
MEATLESS MONDAY 26 OCTOBER	TUESDAY 27 OCTOBER	WEDNESDAY 28 OCTOBER	THURSDAY 29 OCTOBER	FRIDAY
CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	VEGETABLE FAJITA, POTATO WEDGES, TORTILLA, SOUR CREAM, 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	NO LUNCH
GLUTEN	GLUTEN	GLUTEN	GLUTEN	



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MEATLESS MONDAY 02 NOVEMBER	TUESDAY 03 NOVEMBER	WEDNESDAY 04 NOVEMBER	THURSDAY 05 NOVEMBER	FRIDAY
HOMEMADE VEG COTTAGE PIE, BREAD, CARROT AND SLICED WATERMELON	VEGETABLE CHUNKS WITH MUSHROOM 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, DAIRY	GLUTEN	GLUTEN, DAIRY	
MEATLESS MONDAY 09 NOVEMBER	TUESDAY 10 NOVEMBER	WEDNESDAY 11 NOVEMBER	THURSDAY 12 NOVEMBER	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 16 NOVEMBER	TUESDAY 17 NOVEMBER	WEDNESDAY 18 NOVEMBER	THURSDAY 19 NOVEMBER	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, DAIRY	N/A	
MEATLESS MONDAY 23 NOVEMBER	TUESDAY 24 NOVEMBER	WEDNESDAY 25 NOVEMBER	THURSDAY 26 NOVEMBER	FRIDAY
CREAMY CAULI MAC 'N' CHEESE WITH BREAD, CUCUMBER AND SLICED WATERMELON	VEGETABLE FAJITA, POTATO WEDGES, TORTILLA, SOUR CREAM, 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	NO LUNCH
GLUTEN	GLUTEN	GLUTEN	GLUTEN	
MEATLESS MONDAY 30 NOVEMBER				
HOMEMADE VEG COTTAGE PIE, BREAD, CARROT AND SLICED WATERMELON				



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	TUESDAY 01 DECEMBER	WEDNESDAY 02 DECEMBER	THURSDAY 03 DECEMBER	FRIDAY
	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, DAIRY	GLUTEN	GLUTEN, DAIRY	
MEATLESS MONDAY 07 DECEMBER	TUESDAY 08 DECEMBER	WEDNESDAY 09 DECEMBER	THURSDAY 10 DECEMBER	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	



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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, 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	DAIRY	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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	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY																																																												
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LUNCH (Main Dish, Veg/ Sides, & Fruits)	PLANT BASED KOFTA WITH KABSA RICE, CUCUMBER STICK & WATERMELON	VEGETABLE TERIYAKI NOODLES, CARROT AND SLICED APPLE	VEGETABLE LASAGNE WITH BREAD ROLL & SWEET CORN, ORANGE	MUSHROOM STROGANOFF WITH STEAM RICE, CUCUMBER & SLICED PEAR																																																												
ALLERGENS	SOYA, SULPHITES	GLUTEN, SOYA	GLUTEN, DAIRY, SULPHITE	N/A																																																												
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>900.4kJ 215.2kcal</td><td>1.4g LOW</td><td>0.3g LOW</td><td>6.4g MED</td><td>1.2g MED</td></tr><tr><td>11%</td><td>2%</td><td>2%</td><td>7%</td><td>20%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	900.4kJ 215.2kcal	1.4g LOW	0.3g LOW	6.4g MED	1.2g MED	11%	2%	2%	7%	20%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>848.9kJ 202.9kcal</td><td>2.2g LOW</td><td>0.4g LOW</td><td>12.1g MED</td><td>1g MED</td></tr><tr><td>10%</td><td>3%</td><td>2%</td><td>13%</td><td>17%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	848.9kJ 202.9kcal	2.2g LOW	0.4g LOW	12.1g MED	1g MED	10%	3%	2%	13%	17%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>1081.2kJ 258.4kcal</td><td>3g LOW</td><td>1.2g LOW</td><td>11g MED</td><td>0.9g MED</td></tr><tr><td>13%</td><td>4%</td><td>6%</td><td>12%</td><td>15%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	1081.2kJ 258.4kcal	3g LOW	1.2g LOW	11g MED	0.9g MED	13%	4%	6%	12%	15%	<table><tr><td>ENERGY</td><td>FAT</td><td>SATURATES</td><td>SUGAR</td><td>SALT</td></tr><tr><td>1432.7kJ 342.4kcal</td><td>1.2g LOW</td><td>0.2g LOW</td><td>7.1g MED</td><td>0.8g MED</td></tr><tr><td>17%</td><td>2%</td><td>1%</td><td>8%</td><td>13%</td></tr></table>	ENERGY	FAT	SATURATES	SUGAR	SALT	1432.7kJ 342.4kcal	1.2g LOW	0.2g LOW	7.1g MED	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 &...																																																												