

# VEGAN MENUS EATS



# EVERYDAY faves

## Lunch Week One

| WEEK 1      | HOT STATION   | PASTA STATION  | Sandwich STATION  | SALAD BAR                             | HEALTHY OPTIONS                           |
|-------------|---|--|---|---------------------------------------|---|
| <b>MON</b>  | Vegan Chicken Casserole<br><i>Contains Wheat and Gluten</i>                                   | Tuna/Tomato/Pesto/Plain Pasta<br><i>May contain traces of nuts</i> | A Selection of Vegan Sandwiches<br><i>Contains Gluten</i> | Hot Seasonal Vegetables<br>Side Salad | Seasonal Fruits<br>Yoghurts<br>Dairy Free |
| <b>TUES</b> | Vegan Sausage, mash potato,<br>Garden peas and Gravy.<br><i>Contains Wheat and Gluten</i>     | Tuna/Tomato/Pesto/Plain Pasta<br><i>May contain traces of nuts</i> | A Selection of Vegan Sandwiches<br><i>Contains Gluten</i> | Hot Seasonal Vegetables<br>Side Salad | Seasonal Fruits<br>Yoghurts<br>Dairy Free |
| <b>WED</b>  | Vegan Chicken Pasta Bake<br><i>Contains Wheat and Gluten</i>                                  | Tuna/Tomato/Pesto/Plain Pasta<br><i>May contain traces of nuts</i> | A Selection of Vegan Sandwiches<br><i>Contains Gluten</i> | Hot Seasonal Vegetables<br>Side Salad | Seasonal Fruits<br>Yoghurts<br>Dairy Free |
| <b>THUR</b> | Vegetable Fingers with Crispy<br>Cubed Potatoes and Beans<br><i>Contains Wheat and Gluten</i> | Tuna/Tomato/Pesto/Plain Pasta<br><i>May contain traces of nuts</i> | A Selection of Vegan Sandwiches<br><i>Contains Gluten</i> | Hot Seasonal Vegetables<br>Side Salad | Seasonal Fruits<br>Yoghurts<br>Dairy Free |
| <b>FRI</b>  | <b>Due to enhanced curriculum<br/>only choices of sandwiches are<br/>available on Fridays</b> |  | A Selection of Vegan Sandwiches<br><i>Contains Gluten</i> |                                       | Seasonal Fruits<br>Yoghurts<br>Dairy Free |

**ALL** meals are served with a **Halal/Vegetarian** option. Quorn Chicken & Mince **contains egg**

Available **DAILY**: Selection of fresh salad, seasonal vegetables, fruit and yoghurts

Sandwiches: Brown and White Bread available