

# VEGAN AUTUMN TERM 1 - MENU 1

Weeks commencing; 02/09/24, 23/09/24, 14/10/24

## MON

Quorn Sausage

With  
Mashed Potato, Peas  
& Gravy

Vegan Cheese  
Sandwich

Fresh Fruit,  
Alpro Dessert  
or  
Chocolate Cookie &  
Fruit

## TUES

BBQ Quorn Wrap

with  
Rice &  
Veggie Sticks

Vegan Cheese  
Sandwich

Fresh Fruit,  
Alpro Dessert  
or  
Shortcake &  
Custard

## WED

Quorn Roast Fillet

with  
Oven Roasted  
Potatoes  
Mixed Vegetables  
& Gravy

Vegan Cheese  
Sandwich

Fresh Fruit,  
Alpro Dessert  
or  
Vanilla Muffin &  
Fruit

## THURS

Vegan Cheese &  
Tomato Pasta Bake

with  
Crusty Bread &  
Sweetcorn

Vegan Cheese  
Sandwich

Fresh Fruit,  
Alpro Dessert  
or  
Peach Melba

## FRI

Ocean Friendly  
Fingers

with  
Chips & Baked  
Beans

Vegan Cheese  
Sandwich

Jacket Potato  
& Beans

Fresh Fruit,  
Alpro Dessert  
or  
Chocolate Crackle

# VEGAN AUTUMN TERM 1 - MENU 2

Weeks commencing; 09/09/24, 30/09/24, 21/10/24

## MON

Vegan Chilli

with  
Rice &  
Mixed Vegetables

Vegan Cheese  
Sandwich

Fresh Fruit,  
Alpro Dessert  
or  
Oaty Biscuit & Fruit

## TUES

Crispy Nugget  
Dippers

with  
Potato Wedges,  
Southern Gravy Dip  
& Veggie Sticks

Vegan Cheese  
Sandwich

Fresh Fruit,  
Alpro Dessert  
or  
Chocolate Sponge &  
Plant Cream

## WED

Quorn Roast Fillet

with  
Mashed Potato,  
Baby Carrots,  
Broccoli & Gravy

Vegan Cheese  
Sandwich

Fresh Fruit,  
Alpro Dessert  
or  
Lemon Drizzle  
Muffin

## THURS

Italian Style Pasta  
Bolognese

with  
Sweetcorn  
& Crusty Roll

Vegan Cheese  
Sandwich

Fresh Fruit,  
Alpro Dessert  
or  
Chocolate Oat  
Delight & Alpro  
Custard

## FRI

Crispy Rainbow  
Fingers & Chips

with  
Garden Peas

Vegan Cheese  
Sandwich

Jacket Potato  
& Vegan Cheese

Fresh Fruit,  
Alpro Dessert  
or  
Waffle, Vegan Ice  
Cream & Fruit

# VEGAN AUTUMN TERM 1 - MENU 3

Weeks commencing; 16/09/24, 07/10/24

## MON

Quorn Patty  
Breakfast Roll

with  
Hash Browns &  
Baked Beans

Vegan Cheese  
Sandwich

Fresh Fruit,  
Alpro Dessert  
or  
Chocolate Crunch &  
Plant Cream

## TUES

Cheese Pizza

with  
Potato Wedges &  
Veggie Sticks

Vegan Cheese  
Sandwich

Fresh Fruit,  
Alpro Dessert  
or  
Strawberry  
Smoothie

## WED

Quorn Roast Fillet  
& Stuffing

with  
Roast Potatoes,  
Carrots, Peas  
& Gravy

Vegan Cheese  
Sandwich

Fresh Fruit,  
Alpro Dessert  
or  
Chocolate Muffin

## THURS

Protein Power Plant  
Balls with Tomato  
Sauce

with  
Pasta & Sweetcorn

Vegan Cheese  
Sandwich

Fresh Fruit,  
Alpro Dessert  
or  
Vegan Ice Cream &  
Fruit

## FRI

Crispy Nugget  
Dippers & Chips

with  
Garden Peas

Vegan Cheese  
Sandwich

Jacket Potato  
& Vegan Cheese

Fresh Fruit,  
Alpro Dessert  
or  
Jelly & Fruit