

GREEN ASIAN VEGETARIAN MENU - SEPTEMBER 2022 - JULY 2023

WEEK 1	Monday Love Our Planet Day	Tuesday European Flavours	Wednesday Traditional Roast	Thursday Around the World Day	Friday Fish Friday
Option 1	Chickpea & Potato Curry (VE) Yellow Rice Chapatti	Cauliflower, Peas & Potato Curry (VE) Brown/ White Rice Naan	Mixed Dhal with Spinach (VE)(ND) Flat Bread & Rice	Seasonal Vegetable Curry (VE) Steamed Rice	Traditional Samosa (ND) Chips
Option 2	Meat Free Bolognaise (VE)(PP) Jacket Potato Halves	Lasagne with Loaded Vegetables (PP) Malted Baguette	Mediterranean Quorn Pie (ND) New Potatoes	Carbon Busting Sausages (VE) Creamed Potatoes	Plant Glory Fingers Chips
Option 3	Plant Power Enchiladas (PP) Jacket Potato Halves	Traditional Meat Lasagne Garlic Bread	Roast Chicken with Gravy & Stuffing New Potatoes	Pork Sausages Creamed Potatoes	Fish Friday Chips
Sides / Served with	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Fluffy Fruit Pot (%F)(ND)	Chocolate & Beetroot Brownie	Apple & Pear Crumble (%F) (VE) with Custard	Chocolate Tart	Yum Yum Biscuit or Ice Cream

Jacket Potato & Packed Lunch Sandwich Fillings are available in most schools, please check what the local arrangements are in your school.

Salads, vegetables, bread, fresh fruit, fruit yoghurts and drinking water are available daily.

We endeavour to serve food as specified on the menu, however, there are some circumstances when this isn't possible. You can be assured that these instances will be kept to an absolute minimum.

WEEK COMMENCING: 5th September 2022, 26th September 2022, 24th October 2022, 14th November 2022, 5th December 2022, 9th January 2023, 30th January 2023, 27th February 2023, 20th March 2023, 24th April 2023, 15th May 2023, 12th June 2023, 3rd July 2023

For all allergens please ask a member of catering staff

VE = Vegan

PP (image) = Plant Power

Image of fruit = Contains 50% Fruit

Symbol ND = New dish

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WEEK 2	Monday Love Our Planet Day	Tuesday European Flavours	Wednesday Traditional Roast	Thursday Around the World Day	Friday Fish Friday
Option 1	Rajma (Red Kidney Bean) Masala (VE) (ND) Chapatti	Plant Power Ball (Kofta) Curry (ND) (VE) Rice & Cumin Flat Bread	Paneer, Potato & Spinach Curry (ND) Rice	Sweet Potato, Peas & Spinach Curry (VE) (ND) Chapatti	Crispy Vegetable Rolls Chips
Option 2	Mixed Bean Chilli (PP)(VE) Brown & White Rice	Plant Power Balls in Tomato and Herb Sauce (PP)(VE) Pasta	Planet Friendly Puff (ND)(VE) Roast Potatoes	Moroccan Rainbow Tagine with Coleslaw (PP) (ND) Traffic Light Cous Cous	Quorn Dippers Chips
Option 3	Macaroni Cheese Sauté Potato	Pork Meat Balls in Tomato & Herb Sauce Rice	Roast Turkey with Stuffing & Gravy Roast Potatoes	Grilled Piri Piri Chicken with Coleslaw (ND) Vegetable Rice	Fish Friday Chips
Sides / Served with	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Chocolate Haystack	Iced Peach Sponge (%F)	Strawberry Mousse	Apple Crumble (VE) & Custard (%F)	Melting Moments (VE) or Ice Cream

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WEEK COMMENCING: 12th September 2022, 3rd October 2022, 31st October 2022, 21st November 2022, 12th December 2022, 16th January 2023, 6th February 2023, 6th March 2023, 27th March 2023, 1st May 2023, 22nd May 2023, 19th June 2023, 10th July 2023

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WEEK 3	Monday Love Our Planet Day	Tuesday European Flavours	Wednesday Traditional Roast	Thursday Around the World Day	Friday Fish Friday
Option 1	Khichadi, Kadhi & Potato Curry Chapatti	Seasonal Vegetable Curry Naan	Mixed Dhal Tadka with Vegetables (ND)(PP)(VE) Rice & Flat Bread	Yummy Vegetable Pizza with Coleslaw Potato Wedges	Fish Friday Chips
Option 2	Raviolini Ratatouille with Tomato & Vegetable Sauce (ND)(VE) Baguette	Seasonal Vegetable Bake (ND) Jacket Potato	Quorn Roast with Gravy (VE) Parmentier Potatoes	Yummy Vegetable Pizza with Coleslaw Potato Wedges	Quorn Dippers Chips
Option 3	Tomato and Herb Pasta with Plant Power Ball (PP)(VE) Malted Baguette	Cheese Flan Jacket Potato	Roast Pork with Gravy and Apple Sauce Parmentier Potatoes	Flattened Chicken Burger with Coleslaw (ND) Burger Roll	Fish Friday Chips
Sides / Served with	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Shortbread Biscuit (VE)	Jelly with Fruits (%F)	Flapjack	Chocolate Banana Pot (%F)(ND)	Lemon Drizzle or Ice Cream

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WEEK COMMENCING: 19th September 2022, 10th October 2022, 7th November 2022, 28th November 2022, 2nd January 2023, 23rd January 2023, 13th February 2023, 13th March 2023, 17th April 2023, 8th May 2023, 5th June 2023, 26th June 2023

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