



Lifestyle Menu - Autumn Winter 2022

Vegan

Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Veggie Bolognese With Wholegrain Penne Pasta, Garlic Bread & Green Salad 457361	Veggie Cowboy Pie Mash topped Veggie Sausage & Bean Pie with Carrots 522415	Vegan Sausage Roll Crispy Roasties & Fresh Veggies & Gravy 584741	Cheese & Veggie Homemade Nachos Oven Baked Potato Wedges & Sweetcorn 584751	Crispy Bean & Vegetable Fingers Chips 506112
Jacket Potatoes	Crispy Skin Jacket Potatoes				
The Finale	Jelly & Fruit 525720	Crispy Chocolate Cornflake Cakes 579038	Rocket Lolly 522709	Fresh Fruit Salad 457512	Apple Flapjack 584728
Please ensure dishes in this menu are created using the relevant recipe book for this special diet.					

Ready to serve





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Vegan

**Week
Two**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Margherita Pizza Pasta Salad & Crudites 584959	Veggie Burger in a Bun with Oven Baked Wedges & Garden Peas 586714	Veggie Sausage & Root Veg Traybake Crispy Roasties, Fresh Veggies & Gravy 586845	Creamy Vegetable Korma With Wholegrain Rice, Turmeric Carrots & Peas 578929	Crispy Bean & Vegetable Fingers Chips 506112
Jacket Potatoes	Crispy Skin Jacket Potatoes				
The Finale	Jelly & Fruit Slice 457487	Fresh Fruit Salad 457512	Shortbread 468664	Blueberry & Cherry Soya Yogurt 522727	Crunchy Vanilla Cookie 578912
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**Ready to
serve**





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Vegan

Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Cheese & Tomato Pizza Melt Baguette with Wholegrain Pasta & Sweetcorn Salad 586879	Vegan Bangers with Creamy Mash, Green Beans & Gravy 586856	Vegan Chicken Style Strips with Crispy Roasties, Fresh Veggies & Gravy 525749	Crunchy Topped Macaroni Cheese with Oven Baked Wedges & Broccoli 584966	Crispy Bean & Vegetable Fingers Chips 506112
Jacket Potatoes	Crispy Skin Jacket Potatoes				
The Finale	Fresh Fruit Salad 457512	Chocolate Oat Cake 584734	Ginger Cookie 468725	Apple Crumble 468049	Shortbread 468664
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Ready to serve

