



# Day Nursery Menu

## Vegetarian/Vegan

### Lunch Menu

Sep'19 - Feb'20

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	DATES
WEEK ONE	<p><b>V</b></p> <p>Potato, Lentil &amp; Mixed Bean Cassoulet</p> <p>Crusty Bread</p> <p>Bananas &amp; Custard</p>	<p><b>V</b></p> <p>Roasted Squash, Potato, Spinach &amp; Chickpea Tikka Masala</p> <p>Rice &amp; Peas</p> <p>Apricot &amp; Vanilla Flapjack</p>	<p><b>V</b></p> <p>Roasted Aubergine, Mushroom &amp; Lentils</p> <p>New Potatoes Carrots &amp; Broccoli</p> <p>Sliced Melon &amp; Yoghurt</p>	<p><b>V</b></p> <p>Root Vegetable &amp; Mixed Bean Chilli</p> <p>Mashed Potato</p> <p>Chocolate Sponge &amp; Ice Cream</p>	<p><b>V</b></p> <p>Split Pea &amp; Red Lentil Lasagne</p> <p>Peas</p> <p>Orange Wedges &amp; Yoghurt</p>	<p>WEEK COMMENCING</p> <p>2 Sept 30 Sept 28 Oct 25 Nov 23 Dec 20 Jan 17 Feb</p>
WEEK TWO	<p><b>V</b></p> <p>Vegetable Cutlet New Potatoes Baked Beans</p> <p>Sweetcorn</p> <p>Arctic Roll</p>	<p><b>V</b></p> <p>Glamorgan Sausage With White Beans Vegetarian Gravy</p> <p>Mashed Potato Peas &amp; Carrots</p> <p>Banana &amp; Yoghurt</p>	<p><b>V</b></p> <p>Courgette, Red Pepper &amp; Spinach Pasta in Herby Tomato Sauce</p> <p>Sweetcorn</p> <p>Apricot Cookie</p>	<p><b>V</b></p> <p>Mixed Bean &amp; Vegetable Hot Pot</p> <p>Carrots &amp; Peas Crusty Bread</p> <p>Sliced Melon &amp; Yoghurt</p>	<p><b>V</b></p> <p>Quorn &amp; Vegetable Casserole</p> <p>Cooked Apple Ice Cream</p>	<p>WEEK COMMENCING</p> <p>9 Sept 7 Oct 4 Nov 2 Dec 30 Jan 27 Jan</p>
WEEK THREE	<p><b>V</b></p> <p>Leek &amp; Mushroom Stroganoff Pasta Twists Peas</p> <p>Orange Wedges &amp; Yoghurt</p>	<p><b>V</b></p> <p>Black Bean, Lentil &amp; Grated Carrot Cottage Pie</p> <p>Chocolate Brownie &amp; Custard</p>	<p><b>V</b></p> <p>Oven Baked Jacket Potatoes</p> <p>Grated Cheddar (V) or Baked Beans (V) or Lettuce &amp; Tomato</p> <p>Arctic Roll</p>	<p><b>V</b></p> <p>Mixed Beans &amp; Chickpea Pozole in a Mexican Style Sauce</p> <p>Boiled Rice</p> <p>Flapjack</p>	<p><b>V</b></p> <p>Roasted Swede in Lentil Gravy</p> <p>Roast Potatoes Carrots &amp; Broccoli</p> <p>Sliced Melon &amp; Yoghurt</p>	<p>WEEK COMMENCING</p> <p>16 Sept 14 Oct 11 Nov 9 Dec 6 Jan 3 Feb</p>
WEEK FOUR	<p>Vegetable, Potato &amp; Lentil Curry</p> <p>Boiled Rice</p> <p>(V)</p> <p>Swiss Roll</p>	<p><b>V</b></p> <p>Spinach, Red Pepper &amp; Sweetcorn Pasta in Tomato Sauce Topped with Cheese Peas</p> <p>Lemon Drizzle Cake</p>	<p><b>V</b></p> <p>Savoury Rolls</p> <p>New Potatoes Baked Beans &amp; Sweetcorn</p> <p>Bananas &amp; Custard</p>	<p><b>V</b></p> <p>Root Vegetable, Butterbean &amp; Potato Pie</p> <p>New Potatoes Carrots &amp; Peas</p> <p>Vanilla Sponge &amp; Ice Cream</p>	<p><b>V</b></p> <p>Vegetarian Mince, Spinach &amp; Carrot Bolognese ½ Jacket Potato Peas</p> <p>Sliced Melon &amp; Yoghurt</p>	<p>WEEK COMMENCING</p> <p>23 Sept 21 Oct 18 Nov 16 Dec 13 Jan 10 Feb</p>

**V – Vegan Dishes**

**Vegan Cakes, Biscuits, Custard, Yoghurts & Jelly's  
are Available Every Day as Vegan Dessert Alternative**