

Lewisham VEGAN Autumn Winter 2019

Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	SD Spanish Vegetable Rice 93165209	Tomato and Basil Pasta** 93146316	SD Vegetable Crumble 93166555 <u>RECIPE USES GF OATS</u>	Tomato and Basil Pasta** 93146316	Vegetable Nuggets 3732 and Chips DO NOT SERVE QUORN
Alternative Dish	Jacket with STANDARD Baked Beans 115013 NO CHEESE, NO TUNA, NO MAYO.				
Vegetables	Peas Carrots	Green Beans Cauliflower	Carrots Cabbage	Sweetcorn Roast Vegetables	STANDARD Baked Beans 115013 Peas
Desserts	SD Chocolate Crispy Bar 93158451 <u>GF RICE CRISPIES</u> <u>CONTAIN BARLEY MALT EXTRACT</u>	SD Apple Crumble 93165203 REMOVE BERRY. <u>RECIPE USES GF OATS</u> NO CUSTARD	SD Raspberry Frozen Smoothie 93166798 Product VMC code: 32574	Fresh Fruit Slices 93040542	SD Flapjack 93165520 <u>RECIPE USES GF OATS</u>
	Fresh Fruit Salad*	Fresh Fruit Slices*	Fresh Fruit Bowl*	Fresh Fruit Slices*	Fresh Fruit Salad*
Water & Freshly Baked Bread available daily *Fruit Based **Wholegrain ***Oily Fish NO MEAT OR ANIMAL PRODUCTS					



Lewisham VEGAN Autumn Winter 2019 Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Veggie Korma 93132757 With Rice**	SD Sweet Potato Burger and Chips	SD Sweet Potato and Chickpea Roast 93165175 with Roast Potatoes 93035127 with SD Gravy 93132538	SD Mexican Bean and Potato Wrap 93165212 with a Rice side 93035026	Vegetable Nuggets 3732 and Chips DO NOT SERVE QUORN
Alternative Dish	Jacket with STANDARD Baked Beans 115013 NO CHEESE, NO TUNA, NO MAYO.				
Vegetables	Sweetcorn Broccoli	Green Beans Cauliflower	Roast Parsnips Carrots	Peas Sweetcorn	STANDARD Baked Beans 115013 Peas
Desserts	SD Chocolate Crispy Bar 93158451 <u>GF RICE CRISPIES</u> <u>CONTAIN BARLEY MALT</u> <u>EXTRACT</u>	SD Apple and Berry Crumble 93165203 NO CUSTARD	SD Orange & Mango Frozen Smoothie Pot 93166797 Product VMC code: 32572	SD Flapjack 93165520 <u>RECIPE USES GF OATS</u>	Fresh Fruit Slices 93040542
	Fresh Fruit Salad*	Fresh Fruit Slices*	Fresh Fruit Bowl*	Fresh Fruit Slices*	Fresh Fruit Salad*
Water & Freshly Baked Bread available daily *Fruit Based **Wholegrain ***Oily Fish NO MEAT OR ANIMAL PRODUCTS					



Lewisham VEGAN Autumn Winter 2019 Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	SD Mild Sweet Potato Curry 93164644 with Rice 93035026	Tomato and Basil Pasta** 93146316	SD Vegetable Crumble 93166555 <u>RECIPE USES GF OATS</u>	SD Chickpea Matar Curry 93158318 With Rice 93035026	Vegetable Nuggets 3732 and Chips DO NOT SERVE QUORN
Alternative Dish	Jacket with STANDARD Baked Beans 115013 NO CHEESE, NO TUNA, NO MAYO.				
Vegetables	Carrots Sweetcorn	Green Beans Roast Vegetables	Cabbage Carrots	Broccoli Sweetcorn	Peas Baked Beans
Desserts	SD Chocolate Crispy Bar 93158451 <u>GF RICE CRISPIES</u> <u>CONTAIN BARLEY</u> <u>MALT EXTRACT</u>	SD Apple Crumble 93165203 REMOVE BERRY. <u>RECIPE USES GF OATS</u> NO CUSTARD	SD Raspberry Frozen Smoothie 93166798 Product VMC code: 32574	SD Vanilla Rice Pudding 93162207	SD Berry Crispy 93158452 <u>GF RICE CRISPIES</u> <u>CONTAIN BARLEY</u> <u>MALT EXTRACT</u>
	Fresh Fruit Salad*	Fresh Fruit Slices*	Fresh Fruit Bowl*	Fresh Fruit Slices*	Fresh Fruit Salad*
Water & Freshly Baked Bread available daily *Fruit Based **Wholegrain ***Oily Fish NO MEAT OR ANIMAL PRODUCTS					

