

HQ23330 Annex E – Sample Vegan Menu

BREAKFAST	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	CEREAL/ROLL/JAM		CEREAL/ROLL/JAM SOYA		CEREAL/ROLL/JAM		CEREAL/ROLL/JAM		CEREAL/ROLL/JAM/ SOYA		RATION PACK		CEREAL SOYA MILK	
SOUP	MINESTRONE SOUP		LENTIL SOUP		PO TATO & LEEK SOUP		YELLOW SPLIT PEA SOUP		CARROT CORIANDER SOUP		CEREAL TOMATO & ROLL		CEREAL TOAMTO&ROLL	
L U N C H		1		1	VEGAN CHEESE TUB with TOSSED SALAD & PITTA BREAD	1		1	TOMATO RED ONION PUFF	1		1		1
	SOYA MILK CARTON										VINEGAR CRISPS & BANANAS X3			
	1 WRAP VEGAN CHEESE TUB TOSSED SALAD ORANGE JUICE		BAKED POTATO WITH BBQ BEANS				SWEET&SOUR VEGETABLES WITH BAKED POTATO				TOMATO CARLIC VEG ONEPOT WITH GARLIC BREAD		SOFTIE ROLL 2 VEGETABLE SAUSAGE 1 HASH BROWN MUSHROOMS	
	ORANGE JUICE		ORANGE JUICE		ORANGE JUICE		ORANGE JUICE		ORANGE JUICE		BROTH SOUP		BAKED BEANS	
VEG	TURNIP		SLICED CARROTS		PEAS/SWEETCORN		MIXED VEG		BAKED BEANS		TOSSED SALAD		LENTIL SOUP	
T E A							VEGAN MEAT FREE 1/4LB BURGER WITH ROAST POTATOES							
	SAVOURY SOYA MINCE BOILED POTATOES		VEGAN PIE with BOMBAY POTATOES		COUNTRY VEG STEW WITH BAKED POTATO WEDGES				CHICKPEA CURRY WITH CHIPPED POTATOES		2 X VEGETABLE SPRING ROLLS with CHIPPED POTATOES		SPICY BEAN BURGER WITH BABY BOILER POTATOES	
SWEET	ICE FRUIT SMOOTHIE		VEGAN YOGHURT DESSERT		SPICED BUN		FRUIT POT WITH VEGAN CUS TARD		VEGAN YOGHURT DESSERT		VEGAN BISCUITS ORANGE ICE STICK		ORANGE JUICE VEGAN CAKE	
	FRESH FRUIT		FRESH FRUIT		FRESH FRUIT		FRESH FRUIT		FRESH FRUIT					