

Three-Week Vegetarian Menu Week 14/01/2019

Date	Yummy Main
Monday	Vegetarian nuggets and baked beans Served with sautéed potatoes
Tuesday	Vegetarian pasta bake with lentils and grated cheddar cheese Side of raw vegetables
Thursday	Mild vegetarian curry with red lentils, butternut squash and green beans Served with basmati rice
Friday	Butter beans in a light hoisin sauce and oven roasted courgette Served with egg free noodles

Three-Week Vegetarian Menu
Week 21/01/2019

Date	Yummy Main
Monday	Tofu Tikka masala and cannellini beans Served with vegetable couscous
Tuesday	Red lentils in a creamy cauliflower sauce, carrots and courgette Served with fusilli pasta Side of raw vegetables
Thursday	Butter beans in a sweet carrot sauce and spinach Served with basmati rice Side of raw vegetables
Friday	Slow cooked Mexican bean Served with basmati rice Side of raw vegetables

Three-Week Vegetarian Menu
Week 28/01/209

Date	Yummy Main
Monday	Vegetarian quarter pounder and seasonal mixed vegetables Served with baby jacket potatoes
Tuesday	Sweet and sour lentils with peppers and pineapple chunks Served with basmati rice
Thursday	Stir fry veggies with egg free noodles
Friday	Vegetarian stew and mushrooms Served with creamy mash potato Side of raw vegetables