

LA PETITE ECOLE FRANCAISE VEGETARIAN LUNCH

WEEK 1

MONDAY

baked penne pasta butternut squash with cheese served with peas

TUESDAY

sweet potato, chick pea curry served with basmati rice

THURSDAY

vegetarian lasagne served with mixed vegetables

FRIDAY

baked mushroom, spinach and garlic served with new potato and peas on side

WEEK 2

MONDAY

cauliflower, carrot in and rich tomato sauce with pasta with side of steamed vegetables

TUESDAY

vegetarian sausage served with creamy mashed potato, onion gravy and mixed steamed vegetables

THURSDAY

cauliflower, carrot stew served with white sauce and couscous and grilled vegetables

FRIDAY

ratatouille served with rice and peas

WEEK 3

MONDAY

lentil stew served with pasta and vegetables

TUESDAY

roasted butternut squash served with creamy mashed potato and boiled broccoli

THURSDAY

vegetarian mild curry served with basmati rice and side of boiled peas

FRIDAY

leek and mushroom, penne pasta bake with side of steamed vegetables