

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Lunch				
Tomato and Lentil Spaghetti with Bread	Vegan Cottage Pie with trio of Greens	Spinach and Coconut Curry with Orzo	Veggie Tagine with Brown Rice	Veggie Nuggets, Roast Potatoes and Carrots
Carrot Cake	Yoghurt and Fruit	Blueberry Muffins	Yoghurt and Fruit	Banana Chia Pudding
Tea				
Veggie Bean Chilli, Jacket Potato and Cheese	Veggie Parcels, Root Vegetables and Peas	Paneer Tikka with Potatoes and Beans	Pumpkin-Seed Pesto Pasta with Cheese	Tofu and Veggie Noodles with Mange Tout
Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Lunch				
Tuscan Bean Stew with Broccoli and Potatoes	Veggie Coconut Curry with Herby Brown Rice	Mushroom Fricassee with herby Brown Rice	Lentil Bolognese with Pasta and Peas	Sweet Potato Burgers, Potatoes and Peas
Apple and Date Crumble	Yoghurt and Fruit	Apple Puff Tarts	Yoghurt and Fruit	Cheesy Courgette Muffins
Tea				
Spinach and Sweet Potato Curry, Brown Rice	Squash and Spinach Mac and Cheese with Carrots	Tofu Stir Fry, Potato Wedges and Peppers	Veggie Moussaka and Garlic Bread	Five Veggie Pasta, Cheese and Crudites