

Vegetarian Lunch Menu - Week 3



MONDAY

Chopped courgette, peppers, onions, mushrooms and kidney beans served in a tomato sauce accompanied with cous cous.

*

Seasonal fruit salad.

TUESDAY

Vegetable stir fry served with egg noodles.

*

Pear and apple slices.

WEDNESDAY

Moroccan falafel served in a tomato sauce with long spaghetti.

*

Natural yoghurt.

THURSDAY

Sliced quorn roast, roast potatoes, cauliflower and peas.

*

Bananas and custard

FRIDAY

Diced quorn and broccoli pasta bake.

*

Raisin flapjack.