



# MENU

Week 1	Save The Planet Day	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Smoky Sausage and Mushroom Goulash (VE)	Lancashire Hot Pot	Roast Loin of Pork with Crackling, Potatoes & Gravy	Chicken Fajitas with Various topping	Battered Fish/Salmon Fishcakes with Chips
OPTION 2	Stuffed Power Peppers (VE)	Butternut Squash & Sage Risotto	Beetroot and Red Onion Tart	Quorn Mince Enchiladas	V Burger with Garden Salad with Chips
Side Dishes	New Potatoes & Garden Salad	Broccoli, Carrot & Salad	Seasonal Vegetables	Baked Wedges, Sweetcorn & Slaw	Peas or Beans
Pasta Pot	French Style Ratatouille (VE)	Vega/Mince Bolognaise	Cheese Sauce	Mascarpone and Tomato Pasta	Tomato & Basil
Jacket Potato	Various Filling	Various Filling	Various Fillings	Various Fillings	Various Fillings
Hot Pudding	Chewy Tropical Flapjack (VE)	Chocolate Wellington Fudge Sponge	Sprinkle Cake With Custard	Warm Chocolate Brownie	Blueberry Muffin

Try our homemade soup with Fresh Baked Bread

Freshly Made Pizza, Paninis and wraps Daily

Look out for monthly Theme days

SILVER


 The logo features a circular emblem with a green leaf and a globe, surrounded by the text 'proveg SCHOOL PLATES' and 'AWARD'.
 

proveg  
SCHOOL  
PLATES

AWARD

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Week 2	Save The Planet Day	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Planet Friendly Cheese Burger (VE)	Shepherds pie with a Root Mash Topping	Roast Gammon, Stuffing, Potatoes & Gravy	Chicken Parmigiana and Savory Rice	Fish/Salmon Fishcakes
OPTION 2	Golden Spanish Paella (VE)	Butternut Squash, Mushroom and Onion Pie	Macaroni Cheese with a Crunchy Topping	Mushroom Stroganoff	Cheese and Onion Pasty
Side Dishes	Sweetcorn & Wedges	Carrots and Peas	Seasonal Vegetables	New Potatoes & Salad	Peas or Beans
Pasta Pot	Sweet and Sour Pasta	Vegan/ Mince Bolognaise	Cheese Sauce	Mascarpone and Tomato	Tomato & Basil
Hot Pudding	Sticky Chocolate with Banana Nice Cream (VE)	Jam Roly Poly with Custard	Lemon Sponge and Custard	Fruit of the Forest Crumble with Custard	Fruit Salad with Ice Cream

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Week 3	Save The Planet Day	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Spaghetti with Home made Plant Powered Balls (VE)	Sweet and Sour Chicken with 50/50 Rice	Roast Turkey, Stuffing, Potatoes & Gravy	Homemade Beef Lasagna and Garlic Bread	Fish/Salmon Fishcakes
OPTION 2	Pearl Barley Risotto with Sweet Roasted Roots (VE)	Cheese and Onion Quiche with Salad	Vegan Sausage Toad in the Hole	Quorn Lasagna and Garlic Bread	Chickpea and Coriander Burger
Side Dishes	Garden Salad and Peas	Peas & Sweetcorn	Seasonal Vegetables	Stir fry Greens	Peas or Beans
Pasta Pot	Tomato and Basil Sauce	Vegan/ Mince Bolognaise	Cheese Sauce	Mascarpone and Tomato	Tomato & Basil
Hot Pudding	Crunchy Crumble with Summer Fruits & Raspberry Ripple Yoghurt (VE)	Cornflake Tart	Treacle Sponge with Custard	Chocolate Concrete Cake with Custard	Fruit and Yoghurt

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