

BPS Vegan Lunch Menu #1



Monday

Potato & Mushroom Curry with Brown Rice . Broccoli Bake . Cauliflower & Courgettes
Fresh Pineapple . Koko Dairy Free Yoghurt

Tuesday

Spaghetti Bolognese. Sweetcorn, Carrot & Swede
Apple & Cinnamon Muffins . Fresh Fruit

Wednesday

Quorn Stir Fry & Rice Noodles . Green Beans, Broccoli
Grapes & Melon Slices

Thursday

Lentil Casserole . Carrots & Roast Parsnips
Raisin Cookies . Fresh Fruit Salad

Friday

Tofu Kebabs . Cous Cous . Garlic Mushrooms & Broccoli
Vanilla Sponge & Custard

Available Daily:

A selection of seasonal vegetables, Baked potato with toppings, Wholemeal Bread & Bread Sticks, Fresh Fruit

BPS Vegan Lunch Menu #2



Monday

Vg Mozzarella Penne Pasta Bake . Carrot & Mushroom . Pepper & Cucumber Batons
Fresh Fruit Salad . Rice Pudding

Tuesday

Vegetable Chilli & Brown Rice with Taco Shells . Green Beans & winter Cabbage
Melon & Strawberries

Wednesday

Sweet & Sour Tofu with Rice Noodles . Cauliflower & Broccoli
Viennese Whirls . Fresh Fruit

Thursday

Quorn Casserole with Yorkshire Pudding . Carrot Batons, Button Sprouts, Roast Potatoes
Koko Dairy Free Yoghurt . Fresh Fruit Salad

Friday

Breaded Tofu Fingers . Baked Beans & Mushrooms . Apple & Celery Salad
Grapes & pineapple . Oat Cakes

Available Daily:

A selection of seasonal vegetables, Baked potato with toppings, Wholemeal Bread & Bread Sticks. Fresh Fruit

BPS Vegan Lunch Menu #3



Monday

Breaded Tofu Slices with Green Beans . Carrot & Cucumber Sticks . Saute Potatoes
Melon Wedges & Grapes

Tuesday

Vegetable Tikka & Rice . Carrot Cucumber & Tomato Salad
Koko Dairy Free Yoghurt . Fresh Fruit

Wednesday

Quorn Meatballs with Rice . Broccoli & Cauliflower
Melon & Pineapple Slices . Strawberry Tart

Thursday

Lentil Cottage Pie . Roast Parsnips & Carrot Batons
Pear & Apple Slices

Friday

Spanish Style Vegetables . Mixed Pepper Salsa, Celery Sticks & Tomatoes
Syrup Sponge & Custard

Available Daily:

A selection of seasonal vegetables, Baked potato with toppings, Wholemeal Bread & Bread Sticks. Fresh Fruit,

BPS Vegan Lunch Menu #4



Monday

Tofu & Vegetable Enchiladas . Carrots & Green Beans
Pineapple Slices . Shortbread

Tuesday

Penne Pasta with Tomato & Basil Sauce & Mozzarella . Mixed Peppers, Carrot & Swede
Fresh Fruit salad

Wednesday

Vegetable Cottage Pie with Red Cabbage . Cucumber & Tomato Salad
Watermelon Slices . Koko Dairy Free Yoghurt

Thursday

Chickpea Casserole, Roast potatoes & Yorkshire Pudding . Cauliflower & Cabbage
Honeydew Melon & Grapes

Friday

Warm Wholemeal Pitta filled with BBQ Quorn & Savoury Rice . Broccoli & Spinach
Apple Crumble & Custard

Available Daily:

A selection of seasonal vegetables, Baked potato with toppings, Wholemeal Bread & Bread Sticks. Fresh Fruit,