

## St Teresa's Spring Summer Menu Vegetarian 2019

| Week 1 - 22 Apr / 13 May / 10 Jun / 1 Jul       |   |   |  |                                  |
|---|---|---|--|----------------------------------|
| Monday  | Tuesday   | Wednesday   | Thursday   | Friday                           |
| Tomato Pasta Bake<br>Garlic Bread<br>Sweetcorn  | Veggie Sausages<br>Mash Potatoes<br>Baked Beans | Quorn in Tomato Sauce<br>Rice<br>Broccoli         | Veggie Roast<br>Roast Potatoes<br>Mixed Vegetables | Veggie Fingers<br>Chips<br>Peas  |
|   |   |   |  |                                  |
| Week 2 - 29 Apr / 20 May / 17 Jun / 8 Jul       |   |   |  |                                  |
| Monday  | Tuesday   | Wednesday   | Thursday   | Friday                           |
| Veggie Burgers<br>Chips<br>Cucumber & Tomato    | Quorn Nuggets<br>Potato Wedges<br>Peas          | Veggie Pasta Bolognese<br>Bread Sticks<br>Carrots | Veggie Roast<br>Roast Potatoes<br>Mixed Vegetables | Veggie Fingers<br>Chips<br>Beans |
|   |   |   |  |                                  |
| Week 3 - 6 May / 3 Jun / 24 Jun / 15 Jul        |   |   |  |                                  |
| Monday  | Tuesday   | Wednesday   | Thursday   | Friday                           |
| Veggie Pasta<br>Garlic Bread<br>Carrots & Swede | Tomato Pizza<br>Wedges<br>Peas                  | Veggie Mince Pie<br>New Potatoes<br>Sweetcorn     | Veggie Roast<br>Roast Potatoes<br>Mixed Vegetables | Veggie Fingers<br>Chips<br>Peas  |
|   |   |   |  |                                  |

**Alternative Desert Choice:**    **Fresh Fruit, Fruit Yoghurt, Fruit Jelly and Cheese and Crackers**