

St Teresa's Autumn Vegetarian School Menu 2019

Week 1 - 2 Sep / 23 Sep / 14 Oct / 11 Nov / 2 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Mince Spaghetti Bolognaise Garlic Bread Green Beans	Veggie sausages Mash Potato Baked Beans	Veggie Mince Cottage Pie Carrots Peas	Veggie Roast Herby Potatoes Carrots & Peas	Veggie Fingers Chips Peas
Week 2 - 9 Sep / 30 Sep / 21 Oct / 18 Nov / 9 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
Cheesy Pasta Bake Bread Sticks Carrots	Veggie Burger Potato Wedges Tomato & Cucumber	Quorn Fajitas New Potatoes	Veggie Roast Roast Potatoes Swede & Carrots	Veggie Fingers Chips Baked Beans
Week 3 - 16 Sep / 7 Oct / 4 Nov / 25 Nov / 16 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Macaroni Bake Garlic Bread Sweetcorn	Quorn Chicken Curry Rice & Poppadoms Peas & Carrots	Tomato Pizza Chips Carrots & Sweetcorn	Veggie Roast Roast Potatoes Mixed Vegetables	Veggie Fingers Chips Peas

Alternative Dessert Choice: Fresh Fruit, Fruit Yoghurt, Fruit Jelly and Cheese and Crackers