



Animal Milk, Soya & Egg Free Autumn Menu 2023

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
THE MAIN EVENT	Sausage in gravy with new potatoes (S,C)	Chicken, Sweet potato, butternut & spinach curry 50/50 Rice & pitta triangle (G)	Roast chicken with roast potatoes & Gravy (G)	Beef bolognaise with pasta & grated vegan cheese (G)	Cod fish fingers with chips (G, F)
MEAT FREE	Vegetable sausage with new potatoes & gravy (C,W)	Sweet potato, butternut & spinach curry with 50/50 rice & pitta triangle (G)	Quorn fillet with roast potatoes & gravy (G)	Tomato & vegetable sauce with pasta & vegan grated cheese (G)	Vegetable fingers with chips (G)
SIDES	Mixed vegetables	Green beans	Sliced carrots	Peas	Spaghetti hoops (G)
PUDDING	Apple Flapjack or fresh fruit (G)	Fruit cookie or fresh fruit (G)	Egg free Sponge or fresh fruit (G)	Sweet waffle or fresh fruit (G)	ice cream or fresh fruit

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
THE MAIN EVENT	Pizza Margherita with vegan cheese & potato wedges (G)	Katsu chicken curry with 50/50 rice & pitta triangle (G)	Sausages & gravy with roast potatoes (S)	Chicken in a tomato & basil sauce with penne pasta (G)	Chicken nuggets with BBQ dip & chips (G, C)
MEAT FREE	Pizza Margherita with vegan cheese & potato wedges (G)	Katsu quorn fillet with 50/50 rice & pitta triangle (G)	Vegan sausage & gravy with Roast potatoes (G)	Tomato & basil sauce with penne pasta & vegan cheese (G)	Vegetable burger with BBQ dip & chips (G)
SIDES	sweetcorn	peas	Mixed vegetables	Broccoli	Sweetcorn
PUDDING	Sultana flapjack or fresh fruit (G)	Egg free sponge or fresh fruit (G)	Chocolate brownie or fresh fruit (G)	Jelly & fruit cocktail or fresh fruit	ice cream or fresh fruit

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
THE MAIN EVENT	Jacket potato with vegan cheese & baked beans	Katsu Chicken curry 50/50 Rice Pitta triangle (G)	Roast chicken with roast potatoes & Gravy	Spanish pork meatballs in a smoky pepper, paprika & tomato sauce with pasta (G)	Beef burger in a bun with chips (G,S)
MEAT FREE	Jacket potato with vegan cheese & baked beans	Vegetable Katsu curry with 50/50 rice & pitta triangle (G)	Quorn fillet with roast potatoes & Gravy (G)	Tomato & vegetable sauce with pasta & grated vegan cheese (G)	Vegetable burger in a bun with chips (G)
SIDES	sweetcorn	peas	Carrots & green beans	Mixed salad	Baked beans
PUDDING	Flapjack or fresh fruit (G)	Homemade shortbread or fresh fruit (G)	Egg free Sponge or fresh fruit (G)	Fruit cocktail or fresh fruit (G)	ice cream or fresh fruit

G Contains Gluten, **M** Contains Milk, **F** Contains Fish, **E** Contains Egg, **C** Contains Celery, **S** Contains Sulphites, **Mu** Contains Mustard, **So** Contains Soya.

Any questions please email dhill@hea.ac.uk
To ensure food quality it may be necessary on occasion to offer a suitable alternative to those shown.