



Animal Milk, Soya & Egg Free Spring Menu 2024

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
THE MAIN EVENT	Sausage roll with new potatoes & gravy (S,C)	Katsu chicken curry with 50/50 rice & tortilla triangle (G)	Roast chicken with roast potatoes & Gravy	Chicken in a homemade tomato & veg sauce with pasta (G)	Salmon fingers with chips (G, F)
MEAT FREE	Vegan sausage roll with new potatoes & gravy (G)	Vegetable, chick pea & lentil curry with 50/50 rice & tortilla triangle (G)	Quorn fillet with roast potatoes & gravy (G)	Tomato & vegetable sauce with pasta & vegan cheese (G)	Vegetable burger with chips (G)
SIDES	carrots & green beans	Peas	mixed vegetables	Broccoli	Spaghetti hoops (G)
PUDDING	Fruit Flapjack or fresh fruit (G)	Fruit cookie or fresh fruit (G)	Egg free Sponge or fresh fruit (G)	Warm 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)	Chicken curry with sweet potato, butternut & lentils 50/50 rice & tortilla triangle (G)	Sausage & roast potatoes with gravy (S,C)	Vegan cheese ham Quesadillas with herby potatoes (G)	Chicken nuggets with BBQ dip & chips (G, C)
MEAT FREE	Pizza Margherita with vegan cheese & potato wedges (G)	Sweet potato, butternut & lentil curry with 50/50 rice & tortilla triangle (G)	Vegetable sausage & gravy with roast potatoes (G)	Vegan cheese Quesadillas with herby potatoes (G)	Vegetable nuggets with BBQ dip & chips (G)
SIDES	sweetcorn	peas	Mixed vegetables	Broccoli	Baked beans
PUDDING	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 tortilla triangle (G)	Roast chicken with roast potatoes & gravy	Very mild beef chilli with 50/50 rice	Hot dog with tomato sauce & chips (G,C, S) may contain sesame
MEAT FREE	Jacket potato with vegan cheese & baked beans	Vegetable, chick pea & lentil curry with 50/50 rice & tortilla triangle (G)	Quorn fillet with roast potatoes & gravy (G)	Very mild mixed bean chilli With 50/50rice	Quorn dog with tomato sauce & chips (G) may contain sesame
SIDES	sweetcorn	peas	Carrots & green beans	Mixed vegetables	Baked beans
PUDDING	Fruit Crumble or fresh fruit (G)	Homemade shortbread or fresh fruit (G)	Egg free Sponge or fresh fruit (G)	Fruit cocktail or fresh fruit	Vegan 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.