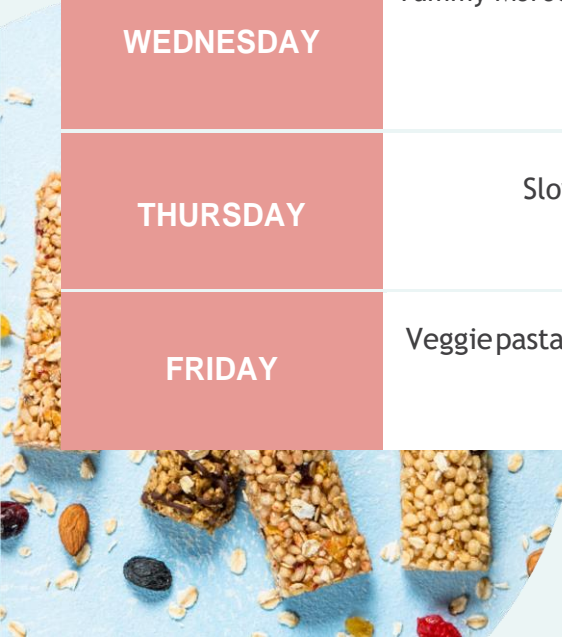




# Three-Week Vegetarian Tea Menu

## WEEK ONE

DATE	MAIN	DESSERT
MONDAY	Veggie cakes with seasonal mixed veggies <i>Served with baby jacket potatoes</i>	Peach flapjacks
TUESDAY	Tasty vegetarian goulash with smoked paprika <i>Served with basmati rice</i>	Pear cake
WEDNESDAY	Yummy Moroccan veggie tagine with chickpeas, apricots & courgettes <i>Served with herby couscous</i>  <i>Side of fresh raw veggies</i>	Fruit yoghurt
THURSDAY	Slow cooked butter bean stew with mushrooms <i>Served with crunchy diced potatoes</i>	Fruity granola bar
FRIDAY	Veggie pastabake with onions & juicy tomatoes & a sweet carrot sauce  <i>Side of fresh raw veggies</i>	Fresh fruit



# Three-Week Vegetarian Tea Menu

## WEEK TWO



DATE	MAIN	DESSERT
MONDAY	Jacket potatoes with grated Cheddar cheese & baked beans	Fruit yoghurt
TUESDAY	Winter vegetables with chickpeas & egg-free noodles <i>Served with a cauliflower coulis</i>	Marble cake
WEDNESDAY	Baked pasta with Mediterranean veggies <i>Side of fresh raw veggies</i>	Fresh fruit
THURSDAY	Sweet 'n' sour veggies with peppers & pineapple <i>Served with egg-free noodles</i>	Rice Krispie Apricot slice
FRIDAY	Scrummy smoked paprika butter beans with a zesty tomato sauce <i>Served with basmati rice</i> <i>Side of fresh raw veggies</i>	Mixed berrytraybake

# Three-Week Vegetarian Tea Menu

## WEEK THREE



DATE	MAIN	DESSERT
MONDAY	Veggie sausages with garden peas <i>Served with sautéed potatoes</i>	Fruit yoghurt
TUESDAY	Roasted veggie pasta bake topped with a Cheddar cheese crust	Pear & pineapple energy bites
WEDNESDAY	Delicious roasted butter beans with a sweet carrot sauce, peas & sweetcorn <i>Served with egg free noodles</i>  <i>Side of fresh raw veggies</i>	Apple & cinnamon cake
THURSDAY	Lovely lentil cottage pie with potatoes	Mixed fruitcrumble
FRIDAY	Favourite vegetable curry with carrots <i>Served with basmati rice</i>  <i>Side of fresh raw veggies</i>	Fresh fruit

