

**Wokingham Vegan Autumn Menu 2020**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Week One	Main	Soya Bolognaise with Spaghetti	Jacket Potato with Beans	Vegetable Wellington with Roast Potatoes & Gravy	Lentil & Sweet Potato Curry with 50/50 Rice	Homemade Vegetable Pasty with Chips
31/08/2020	Vegetables	Carrots Broccoli	<b>(No Coleslaw)</b> Mixed Salad	Cabbage Carrots	Sweet Corn Green Beans	Baked Beans Peas
21/09/2020	Dessert	Mixed Fruit Crumble <b>(No Cream)</b>	Fresh Fruit	Apple Flapjack	Fresh Fruit	Vanilla Shortbread
12/10/2020	Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
09/11/2020	Main	Vegetable Tagine with Couscous	Vegetable & Bean Fajitas with 50/50 Rice	Jacket Potato with Beans	Tomato and Vegetable Pasta <b>(No Cheese)</b>	Vegan Mexican Roll with Chips
30/11/2020	Vegetables	Sweet Corn Broccoli	Summer Roasted Vegetable	Carrots Green Beans	Green Salad Crudité's	Baked Beans Peas
	Dessert	Apple Flapjack	Fresh Fruit	Vanilla Shortbread	Fresh Fruit	Spanish Cookie
	Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Week Two</b>	Main	Summer Vegetable Risotto	Tomato & Vegetable Pasta <b>(No Cheese)</b>	Lentil & Tomato Whirl with Roast Potatoes	Jacket Potato with Beans	Vegan Mexican Roll with Chips
07/09/2020	Vegetables	Sweet Corn Peas	Carrot Sticks Green Beans	Carrot Cabbage	Broccoli Sweet Corn	Baked Beans Peas
28/09/2020	Dessert	Banana Chocolate Oaty Square	Spanish Cookie	Fresh Fruit	Vanilla Shortbread	Apple & Raisin Flapjack
19/10/2020	Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
16/11/2020						
07/12/2020						
<b>Week 3</b>	Main	Summer Vegetable Risotto	Tomato & Vegetable Pasta <b>(No Cheese)</b>	Lentil & Tomato Whirl with Roast Potatoes	Jacket Potato with Beans	Vegan Mexican Roll with Chips
14/09/2020	Vegetables	Sweet Corn Peas	Carrot Sticks Green Beans	Carrot Cabbage	Broccoli Sweet Corn	Baked Beans Peas
05/10/2020	Dessert	Banana Chocolate Oaty Square	Spanish Cookie	Fresh Fruit	Vanilla Shortbread	Apple & Raisin Flapjack
02/11/2020	Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
23/11/2020						
14/12/2020						

**ALLERGY INFORMATION:**  
If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.