

Vegetarian Menu

January

Monday, 04 January 2021	Tuesday, 05 January 2021	Wednesday, 06 January 2021	Thursday, 07 January 2021	Friday, 08 January 2021
Cheese & Caramelized Onion Vegetarian Strips with Savoury Cous-Cous & Pea Salad V1	Rosemary Olive Vegetarian Bolognese with Steamed Cauliflower V1	Mediterranean Halloumi with Mustard Mash & Fried Baby Marrows V1	Creamy Chickpea A La King V1	Breadless Vegetarian Schnitzel & Pineapple Burger, 1000 Island Sauce and Salad V1
Vegan Roast with Sauteed Potatoes and Fried Green Beans V2	Creamy Cajun & Feta Tofu with Mashed Potatoes and Steamed Broccoli V2	Vegetarian Mushroom Stir-Fry with Rice V2	Sweet & Sour Vegetarian Stir-Fry with Egg Noodles V2	Spinach, Cheese & Tomato Health Roll V2
Monday, 11 January 2021	Tuesday, 12 January 2021	Wednesday, 13 January 2021	Thursday, 14 January 2021	Friday, 15 January 2021
Vegetarian Mince & Red Onion Cottage Pie with Savoury Peas V1	Asian Chickpea & Green Bean Stir-Fry on Egg Noodles V1	Indian Butter Lentils with Baby Marrow Risotto V1	Vegetarian Schnitzel with Mushroom Sauce, Pasta Salad and Roasted Butternut V1	Creamy Vegetarian Lasagne with Copper Penny Carrots V1
Roast Tofu with Herbed Potatoes and Broccoli Salad V2	Honey & Mustard Fried Halloumi with Roast Butternut Cous-Cous and Stir-Fry Vegetables V2	Creamy Spinach Halloumi with Sauteed Potatoes and Roasted Beetroot V2	Fig & Yoghurt Halloumi with Copper Penny Carrots and Rosemary Mash V2	Vegetarian "Chicken" Nachos with Guacamole Dip V2
Monday, 18 January 2021	Tuesday, 19 January 2021	Wednesday, 20 January 2021	Thursday, 21 January 2021	Friday, 22 January 2021
Mexican Vegan Mince Bolognese with Spaghetti V1	Creamy Chickpea A La King with Fettuccini and Fried Cabbage V1	Savoury Vegan Mince with White Rice and Fried Baby Marrows V1	Baby Corn, Patty Pan, Tofu & Tomato Concasse, Green Pepper Fried Rice and Creamy Butternut V1	Vegetarian Curry & Rice with Savoury Peas V1
Open Chickpea & Feta Pie with Carrot Salad V2	Vegetarian Schnitzel, Mushroom Sauce with Sauteed Potatoes and Cream Spinach V2	Creamy Feta, Spinach and Butternut with Fettuccini and Sweetcorn Salad V2	Sweet Chilli Halloumi with Roast Potatoes, Beetroot & Feta V2	Vegetarian Nuggets & Dip with Salad V2
Monday, 25 January 2021	Tuesday, 26 January 2021	Wednesday, 27 January 2021	Thursday, 28 January 2021	Friday, 29 January 2021

Smokey BBQ Vegetarian Sausages with Mashed Potatoes and Beetroot Salad V1	Rich Vegetarian Casserole with Samp and Fried Green Beans V1	Slow-Cooked Cranberry Vegan Strips with Savoury Wild Rice and Mixed Vegetables V1	Sticky Vegan Strips & Pineapple Stir-Fry with Egg Noodles V1	Rich Spaghetti Vegetarian Bolognese & Steamed Broccoli V1
Roast Tofu with Green Pepper Fried Rice, Cinnamon Butternut V2	Honey & Mustard Vegetarian Strips, Creamy Potato Bake & Pumpkin Fritters V2	Vegetable Potjie With Basmati Rice and Baby Marrow Stir-Fry V2	Vegetarian Bangers & Mash with Hoisin Fried baby Marrows V2	Fresh Vegan Strip "Chicken" Mayonnaise Health Sandwich V2

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