

VEGETARIAN MENU 2023/24

Mayflower Primary School

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dinner 1	Chickpea & Potato Curry, Yellow Rice, Chapatti (VE)	Paneer & Sweetcorn Curry, Rice, Naan Bread (V)	Moong Bean Curry, Rice, Chapatti (VE)	Potato & Courgette Curry, Rice, Naan Bread	Curried Potato & Pea Puff, Chips
Hot Dinner 2	French Bread Pizza, Roasted Diced Potatoes (V)	Vegetable Pasta Bake, Malted Baguette (VE)	Quorn Fillet With Stuffing & Gravy, Parsley Potatoes	Quorn Sausages, Yorkshire Puddings, Mash Potatoes, Gravy	Quorn Fingers, Chips
Deli	Jacket Potato With Cheese & Beans (V)	Jacket Potato With Cheese & Beans (V)	Jacket Potato With Cheese & Beans (V)	Jacket Potato With Cheese & Beans (V)	Jacket Potato With Cheese & Beans (V)
Sides	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Chocolate And Fruit Muffin (50% Fruit/V) • Yum Yum Biscuits With Eggs • Apple • Orange	Iced Sponge (V) • Fruit Cookies (V) • Apple • Orange	Fruit Salad • Chocolate Biscuit (V) • Apple • Orange	Apple Crumble, Custard • Oatty Biscuit (VE) • Apple • Orange	Ice Cream (V) • Lemon Drizzle Cookie (V) • Apple • Orange

We endeavour to serve food as specified on the menu. However, there are some circumstances when this isn't possible. You can be assured that these instances will be kept to an absolute minimum.

WEEK COMMENCING: **2023: 4 September, 25 September, 23 October, 13 November, 4 December**
2024: 8 January, 29 January, 26 February, 18 March, 22 April, 13 May, 10 June, 1 July

V = Vegetarian, VE = Vegan, 50% Fruit = this pudding contains at least 50% fruit

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dinner 1	Mixed Dhal With Spinach, Rice, Coriander Flatbread	Potato Curry With Cauliflower And Peas, Brown & White Rice, Naan Bread	Mixed Dhal Tadka With Vegetables, Rice (VE)	Kofta (Vegetable Balls) Curry, Rice	Vegetable Spring Rolls, Chips
Hot Dinner 2	Macaroni Cheese, Malted Baguette (V)	Sweet & Sour Vegetables, Noodles	Cheese & Potato Pie, Malted Baguette (V)	Quorn Burger In A Bun, Potato Wedges	Veggie Fingers, Chips
Deli	Jacket Potato With Cheese & Beans (V)	Jacket Potato With Cheese & Beans (V)	Jacket Potato With Cheese & Beans (V)	Jacket Potato With Cheese & Beans (V)	Jacket Potato With Cheese & Beans (V)
Sides	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Chocolate Haystack (V) • Strawberry Mousse (V) • Apple • Orange	Fruit Flan • Lemon Shortbread (VE) Apple • Orange	Pear & Chocolate Sponge Served With Chocolate Sauce • Custard Biscuit • Apple • Orange	Cornflake Tart, Custard • Butterscotch Cookie (V) • Apple • Orange	Ice Cream (V) • Chocolate & Vanilla Swirl Biscuit With Eggs (V) • Apple • Orange

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WEEK COMMENCING:

2023: 11 September, 2 October, 30 October, 20 November, 11 December
2024: 15 January, 5 February, 4 March, 8 April, 29 April, 20 May, 17 June, 8 July

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dinner 1	Butternut Squash, Chickpea & Spinach Curry, Brown & White Rice (VE)	Kichadi, Khadi, Potato Curry, Chapatti	Red Kidney Bean And Sweetcorn Curry, Rice	Vegetable Curry, Naan Bread	Traditional Samosa, Chips
Hot Dinner 2	Yummy Cheese Pizza, Jacket Potato (V)	Cheese Flan, Garlic & Herb Potatoes (V)	Quorn Fillet With Stuffing & Gravy, Roast Potatoes (VE)	Broccoli & Spaghetti Bake, Malted Baguette	Quorn Dippers, Chips (VE)
Deli	Jacket Potato With Cheese & Beans (V)	Jacket Potato With Cheese & Beans (V)	Jacket Potato With Cheese & Beans (V)	Jacket Potato With Cheese & Beans (V)	Jacket Potato With Cheese & Beans (V)
Sides	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dessert	Iced Fruit Sponge • Coconut Cookie With Eggs • Apple • Orange	Jelly With Fruit (50% Fruit/VE) • Chocolate Biscuit (V) • Apple • Orange	Iced Buns (V) • Melting Moments (VE) • Apple • Orange	Chocolate Tart (V) • Jam Crunch (VE) • Apple • Orange	Ice Cream (V) • Flapjack (VE) • Apple • Orange

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WEEK COMMENCING:

2023: 18 September, 9 October, 6 November, 27 November, 18 December
2024: 22 January, 12 February, 11 March, 15 April, 6 May, 3 June, 24 June

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