# Lunch menu

Solihull Catering Services
nurture, through nutrition

## Vegan Menu - Week 1

**Running w/c: 02.11.26, 23.11.26, 14.12.26, 18.01.27, 08.02.27, 08.03.27**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Mains**<br>Meat-free meatballs in rich gravy | **Mains**<br>Tomato pasta bake | **Mains**<br>Cheese whirls | **Mains**<br>All day breakfast with a vegan Quorn sausage served with a golden hashbrown | **Mains**<br>Classic cheese & tomato pizza |
| **Sides**<br>Fluffy mashed potatoes, carrots & peas | **Sides**<br>Corn cobettes & broccoli | **Sides**<br>Roast potatoes, carrots & green beans | **Sides**<br>Baked beans and roasted tomato | **Sides**<br>Chips, sweetcorn & baked beans |
| **Dessert**<br>Crunchy chocolate flapjack | **Dessert**<br>Cherry shortbread | **Dessert**<br>Vegan apple crumble & custard | **Dessert**<br>Vegan pancakes with fruit compote | **Dessert**<br>Strawberry ice cream tub |

Available Daily: Seasonal Salads. Alternate Offer Baked Potato Bar or Packed Lunch. Fruit platter or yoghurt.

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## Vegan Menu - Week 2

**Running w/c: 09.11.26, 30.11.26, 04.01.27, 25.01.27, 22.02.27, 15.03.27**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Mains**<br>Vegan Quorn sausage stack | **Mains**<br>Sweet potato curry with rice and naan bread | **Mains**<br>Succulent meat-free mini-Quorn vegan fillet | **Mains**<br>Hearty Plant-Based "Bolognese with spaghetti | **Mains**<br>Classic cheese & tomato pizza |
| **Sides**<br>Herb diced potatoes and mixed vegetables | **Sides**<br>Peas & carrots | **Sides**<br>Garlic and herb new potatoes, cauliflower & broccoli | **Sides**<br>Savoy cabbage & baby carrots | **Sides**<br>Chips and baked beans |
| **Dessert**<br>Jam drop biscuit | **Dessert**<br>Vegan banana muffin | **Dessert**<br>Chocolate concrete and custard | **Dessert**<br>Strawberry ice cream | **Dessert**<br>Orange shortbread |

Available Daily: Seasonal Salads. Alternate Offer Baked Potato Bar or Packed Lunch. Fruit platter or yoghurt.

# Lunch menu

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## Vegan Menu - Week 3

**Running w/c: 16.11.26, 07.12.26, 11.01.27, 01.02.27, 01.03.27, 22.03.27**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Mains**<br>Homemade vegan sausage roll with Quorn sausage | **Mains**<br>Jacket potato with filling of your choice | **Mains**<br>Creamy macaroni cheese | **Mains**<br>Meat-free lasagne | **Mains**<br>Classic cheese & tomato pizza |
| **Sides**<br>Potato smiles and sweetcorn | **Sides**<br>Potato wedges & roasted vegetable medley | **Sides**<br>Broccoli and carrots | **Sides**<br>Mini potato waffles and sweetcorn and peas | **Sides**<br>Chips, peas, spaghetti hoops |
| **Dessert**<br>Rice crispy cake | **Dessert**<br>Flapjack with winter fruit compote | **Dessert**<br>Chocolate shortbread | **Dessert**<br>Raspberry jelly with fruit cocktail | **Dessert**<br>Strawberry ice cream |

Available Daily: Seasonal Salads. Alternate Offer Baked Potato Bar or Packed Lunch. Fruit platter or yoghurt.