



# LUNCH MENU

## WEEK ONE

**Monday**

Indian Spiced Roast Butternut Squash  
and Chickpea Curry with Rice

**Tuesday**

Sweet Potato and Spinach Cakes with  
Home Made Baked Beans

**Wednesday**

Red Lentil, Spinach and Rosemary Pasta

**Thursday**

Pizza Marinara with Courgettes and  
Sliced Black Olives

**Friday**

Three Bean Shepherds Pie with Seasonal  
Vegetables

## WEEK TWO

**Monday**

Seasonal Vegetable Curry with Rice

**Tuesday**

Seasonal Vegetable Tagine with Bulgar  
Wheat

**Wednesday**

Vegetarian Chilli with Rice

**Thursday**

Pasta Primavera

**Friday**

Curried Couscous, Carrot and Chickpea  
Salad with Roasted Potatoes

## WEEK THREE

**Monday**

Sweet Potato and Green Pea Curry with  
Rice

**Tuesday**

Butternut Squash Mac and Cheese

**Wednesday**

Chickpea Patties with New Potatoes and  
Seasonal Vegetables

**Thursday**

Pasta with Seasonal Vegetable Ragout

**Friday**

Plant Based Spanish Omelette with  
Home Made Baked Beans

## WEEK FOUR

**Monday**

Sweet Potato and Butterbean Falafel  
with Homemade Baked Beans

**Tuesday**

Vegetable Massaman Curry with Rice

**Wednesday**

Roasted Butternut Squash and Black  
Bean Chilli

**Thursday**

Pasta with Vegetable and Lentil  
Bolognese

**Friday**

Bean Burgers with New Potatoes and  
Home Made Ketchup

Allergies and Intolerances are catered for with love and care and delicious home  
made alternatives supplied