


# NOVEMBER 2024

## VEGAN MENU



					FRIDAY 1ST	
						
MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH	FRIDAY 8TH		
LUNCH	TOMATO AND OLIVE SALAD SPINACH PESTO PASTA (1,3,6,10) VEGAN OMELETTE SEASONAL FRUIT	LENTIL CREAM SOUP WITH PUMPKIN (1) TOFU ROASTED WITH GARLIC AND PARSLEY (6) ROAST POTATOES SEASONAL FRUIT	APPLE SALAD HEUKA TIKKA MASSALA (6) COUSCOUS WITH CARROTS (1) SOY YOGURT (6)	CHICKPEA HUMMUS WITH VEGGIE STICKS VEGETABLE PAELLA SEASONAL FRUIT	VEGETABLE SOUP (1,3,6,10) FALAFEL (1) GREEN BEANS AND POTATOES SEASONAL FRUIT	
SUPPER	Mushroom croquettes and vegetables seasonal fruit	Veggies with rice and peas seasonal fruit	Grilled tofu with broccoli and potatoes seasonal fruit	Vegan exican burritos with veggies seasonal fruit	Grilled tofu with rice and salad seasonal fruit	
MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH		
LUNCH	BEAN STEW WITH VEGETABLES TOFU WITH TOMATO AND VEGAN CREAM SAUCE (4) MASHED POTATO SEASONAL FRUIT	CARROT AND GINGER CREAM SOUP TEXTURISED SOY STEW (1,6) WHITE RICE SEASONAL FRUIT	GREEN SALAD GLUTEN AND LACTOSE FREE VEGAN LASAGNA (1) SOY YOGURT (6)	MIXED SALAD VEGAN BURGER AND CHIPS (6) SEASONAL FRUIT	MALLORCAN CHICKPEA SALAD ROAST HEUKA SEASONED WITH LEMON AND ROSEMARY BULGUR WHEAT AND STEAMED BROCCOLI(1) SEASONAL FRUIT	
SUPPER	Quinoa salad with nuts seasonal fruit	Grilled heura with zucchini and potatoes seasonal fruit	Rice soup and tofu with cabbage seasonal fruit	Salad with brad and vegan sobrasada seasonal fruit	Grilled tofu with green beans and carrots seasonal fruit	
MONDAY 18TH	TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND		
LUNCH	CAULIFLOWER AND COCONUT CREAM SOUP PASTA NAPOLITANA (1,3,6,10) VEGAN SCRAMBLED EGGS SEASONAL FRUIT	VEGAN SOUP WITH NOODLES (1,3,6,10) GRILLED TOFU (6) SAUTEED PEAS AND CARROTS SEASONAL FRUIT	NACHOS WITH GUACAMOLE (1) VEGAN CHILLI BASMATI RICE GLUTEN AND LACTOSE FREE FLAN	VEGAN GREEK SALAD PEPPERED HEUKA (6) COUSCOUS WITH VEGETABLES (1) SEASONAL FRUIT	SALAD VEGETARIAN PIZZA (1,7) SEASONAL FRUIT	
SUPPER	Grilled heura with potatoes and spinach seasonal fruit	Cream of vegetables soup and spanish omelette seasonal fruit	Grilled tofu with boiled carrots and sweetcorn seasonal fruit	Soup + Soy meatballs and vegetables seasonal fruit	Toast with tomato puree and vegan cheese + salad seasonal fruit	
MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH		
LUNCH	LENTIL STEW (1) VEGAN ZUCCHINI TORTILLA (3) RICE WITH TOMATO SAUCE SEASONAL FRUIT	CEASER SALAD (1,7) VEGETABLE FIDEUAS (1,3,6,10) SEASONAL FRUIT	GREEN SALAD VEGAN HAMBURGER (6) OVEN BAKED POTATO WEDGES SOY YOGURT (6)	CHICKPEA STEW WITH VEGETABLES HEUKA WITH CHIMICHURRI BULGUR WHEAT (1) SEASONAL FRUIT	SOUP (1,3,6,10) TOFU BREADED IN CHICKPEA FLOUR SAUTEED VEGGIES: GREEN BEANS, CARROTS AND SWEETCORN SEASONAL FRUIT	