

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	DATE
WEEK 1	Vegan Meatballs in Tomato and Basil sauce	Miso and Chilli Glazed Aubergine Steak, Courgette, Carrot Ribbon Salad and Noodles	Mediterranean Vegetable, Tomato and Basil Pasta Bake	Roast Celeriac, Butternut and Leek Pie	Spicy Bean Tacos	1
WEEK 2	Wild Mushroom Stroganoff with Steamed Rice	Roasted Sweet Potato, Chickpea and Coconut Curry Poppadom and Mango Chutney	Butternut Squash and Sage Risotto	Vegan Enchilladas with Guacamole and Potato Wedges	Tomato, Wild Rocket, Olive, Artichoke and 'Mozzarella' Pizza Or Peri peri spiced Vegetables With Chips	2
WEEK 3	Vegetable Ragu with Wholemeal Fusilli Pasta	Cauliflower and Lentil Tagine with Herb Couscous	Hoi Sin Vegetable Stir Fry and Steamed Rice	Paella with Asparagus, Peppers and Green Beans	Potato Cakes with Smoked 'Cheese' and Fried Onions	3

# Vegan Menu