



4 WEEK ROTATIONAL VEGAN MENU

Week 1

MONDAY

Sweet potato & chickpea coconut curry served with sticky rice & seasonal vegetables.

TUESDAY

Creamy lemon spaghetti with spinach & red pepper flakes.

WEDNESDAY

Crunchy Kale & Pea wrap with greens, peppadews, vegan mayo, carrots & avo.

THURSDAY

Spicy bean, potato, mushroom & spinach filled tortilla served with a freshly made salad.

FRIDAY

Vegan bangers, mash, gravy & seasonal veggies.

Week 2

MONDAY

Sun dried tomato & pea risotto topped with fresh parsley.

TUESDAY

Lentil & mushroom bolognese served on spaghetti, topped with fresh parsley.

WEDNESDAY

Red kidney bean & butternut curry served with basmati rice.

THURSDAY

Aubergine, tomato & mushroom bake served with mixed roasted vegetables.

FRIDAY

Falafel burger with hummus, red pesto, vegan mayo & lettuce, served with hand cut fries.

Week 3

MONDAY

Rich tomato & mushroom linguini topped with freshly chopped parsley.

TUESDAY

Falafel wrap with hummus & a tomato, onion & cucumber sambal.

WEDNESDAY

Asian-style veg stir fry with rice noodles, ginger, chilli, coriander, sesame seeds & peanuts.

THURSDAY

Coconut veggie curry served with sticky rice.

FRIDAY

Beetroot & Walnut burger topped with finely cut slaw served with hand cut fries.

Week 4

MONDAY

Home Food Deli's vegetarian curry served with basmati rice.

TUESDAY

Wild mushroom & chickpea risotto topped with fresh parsley.

WEDNESDAY

Savoury brown rice & veggie bowl with cinnamon roasted butternut, sauteed mushrooms, roasted chickpeas & red pepper.

THURSDAY

Mexican quinoa bowl with black beans, corn & avocado.

FRIDAY

Mushroom & herb patty burger topped with caramelized onions served with hand-cut fries.

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