

## CITY CATERING

### Medical Diet: Vegan Free (No animal products, eggs or dairy)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<p>Mayflower's vegetable Curry (No yoghurt)</p> <p>-----</p> <p>Creamed potatoes (No milk) OR Brown &amp; white rice Vegetables</p> <p>-----</p> <p>Jammie cookie</p>	<p>Vegetable bolognese</p> <p>-----</p> <p>Pasta twists Vegetables</p> <p>-----</p> <p>Chocolate krispie OR Apple crumble (No custard)</p>	<p>Vegetable quesadilla (No cheese)</p> <p>-----</p> <p>Roast Potatoes OR Jacket potato Vegetables</p> <p>-----</p> <p>Lemon shortbread OR Fruit salad</p>	<p>Vegetables in tomato sauce</p> <p>-----</p> <p>Jacket potato OR Pasta Vegetables</p> <p>-----</p> <p>Fresh Fruit</p>	<p>Vegetable burger</p> <p>-----</p> <p>Chips OR Boiled potatoes Vegetables</p> <p>-----</p> <p>Fresh Fruit</p>
2	<p>Vegetable fingers</p> <p>-----</p> <p>Hash brown OR Jacket potato Vegetables</p> <p>-----</p> <p>Fresh fruit</p>	<p>Piri piri vegetables</p> <p>-----</p> <p>Steamed rice Vegetables</p> <p>-----</p> <p>Fresh fruit</p>	<p>Lentil &amp; vegetable pasta bake (No cheese)</p> <p>-----</p> <p>Steamed new potatoes Vegetables</p> <p>-----</p> <p>Fresh fruit</p>	<p>Jacket potato with baked beans</p> <p>-----</p> <p>Vegetables Mixed salad</p> <p>-----</p> <p>Fruit medley</p>	<p>Vegetable fingers OR Sticky spicy vegetables</p> <p>-----</p> <p>Chips OR Vegetable cous cous Vegetables</p> <p>-----</p> <p>Norwegian biscuit</p>

3	Broccoli & tomato bake (No cheese sauce) ----- Creamed potatoes (No milk) Vegetables ----- Fruit medley	Lentil casserole (No cheese sauce) ----- Roast potatoes OR Pitta bread Vegetables ----- Apple crumble (No custard)	South American bean chilli ----- Jacket potato OR Vegetable cous cous Vegetables ----- Fresh fruit	Vegetable casserole (No cobbler) OR Chick pea & potato curry ----- Boiled potatoes OR Brown & white rice Vegetables ----- Fresh fruit	Cajun vegetable enchilada (No quorn pieces) ----- Chips Vegetables ----- Fresh fruit
4	Vegetable Bolognese ----- Pasta twists OR Herbed potatoes Vegetables ----- Fresh fruit	Potato topped vegetable pie (No cheese) ----- Brown & white rice OR Creamed potatoes (No milk) Vegetables ----- Melting moment OR Apple flapjack	Chick pea curry ----- Steamed rice Vegetables ----- Fruit salad	Vegetable beanie (No cheese) ----- Roast potatoes Vegetables ----- Chocolate shortbread	Vegetable burger ----- Chips Vegetables ----- Fresh fruit

**Date: December 2018**

- **Suitable for vegan free diet: Kerrymaid margarine, medium sliced white/wholemeal bread, pitta bread, thick sliced white loaf, tortillas, gravy, Veg stock cubes**
- **Foods not suitable: Stork margarine, malted baguette, naan bread, ciabatta, all quorn products (burger, sausages & balls), sponge mixes, baking powder, honey, orange & strawberry jelly**
- **Please freeze a small batch of apple flapjack, Jammie cookie, melting moments, all shortbread biscuits if possible**
- **The cook will try to make the puddings highlighted in blue**