

# Twelve15 Egg Free Menu

## Autumn Winter 2022/23



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One	Margherita Pizza with Herby Potatoes <b>V</b>	Chicken Katsu Curry with Rice	Roast Gammon with Roast Potatoes & Gravy	Beef Bolognese with Wholemeal Pasta	Salmon & Sweet Potato Fishcake with Oven Baked Chips
	Veggie Bean Taco with Herby Potatoes <b>V</b>	Cheese & Potato Pie <b>V</b>	Vegan Sausage with Roast Potatoes & Gravy <b>V</b>	Oriental Tofu Stir Fry with Noodles <b>V</b>	Falafel Burger & Tomato Pasta with Oven Baked Chips <b>V</b>
	Mixed Salad	Broccoli Florets Baked Beans	Carrots Peas	Sweetcorn Green Beans	Peas Baked Beans
	Fruit Salad <b>V</b>	Chocolate Crunch with Custard <b>V</b>	Yoghurt Selection <b>V</b>	Apple Crumble with Custard <b>V</b>	Vanilla Ice Cream <b>V</b>
Week Two	Mac 'n' Cheese with Herby Potatoes <b>V</b>	Jerk Chicken with Rice	Roast Beef with Roast Potatoes & Gravy	Pork & Carrot Meatballs in Tomato Sauce with Wholemeal Pasta	Fish Finger with Oven Chips
	Veggie Burrito with Herby Potatoes <b>V</b>	Mediterranean Pasta Bake with Garlic Brad <b>V</b>	Vegan Cumberland Sausage with Roast Potatoes & Gravy <b>V</b>	Sweet Potato & Jack Fruit Curry with Rice <b>V</b>	Vegetable Fingers with Oven Chips <b>V</b>
	Mixed Salad	Peas Sweetcorn	Broccoli Carrot	Green Beans Cauliflower	Baked Beans Peas
	Vanilla Ice Cream with Fresh Apple Slices <b>V</b>	Vegan Chocolate Brownie <b>V</b>	Fruit Salad <b>V</b>	Yoghurt Selection <b>V</b>	Chocolate & Orange Shortbread <b>V</b>
Week Three	Shepherdless Pie with Freshly Baked Bread <b>V</b>	Pork Sausage with Mashed Potato & Gravy	Roast Chicken with Sage & Onion Stuffing, Roast Potatoes & Gravy	Beef Fajita Pasta	Breaded Pollock Fillet with Oven Baked Chips
	Shepherdless Pie with Freshly Baked Bread <b>V</b>	Mediterranean Pasta Bake <b>V</b>	Meat Free Glamorgan Sausage with Sage & Onion Stuffing, Roast Potatoes & Gravy <b>V</b>	Mac 'n' Cheese <b>V</b>	Vegan Nuggets with Oven Baked Chips <b>V</b>
	Peas Carrot	Green Beans Sweetcorn	Winter Greens	Broccoli Carrot	Peas Baked Beans
	Fresh Fruit <b>V</b>	Jaffa Cake Pots <b>V</b>	Yoghurt Selection <b>V</b>	Fruit Salad <b>V</b>	Vegan Chocolate Brownie <b>V</b>