

Perth & Kinross Nursery Menu (Vegetarian) 2021-22



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	13 September 8 November 6 December 3 January 31 January 28 February 28 March Lentil Soup (Ve) with Bread Vegeballs in BBQ Sauce (Ve) Pasta Mixed Vegetables	Macaroni Cheese Crusty Bread Peas Tiffin with Mandarins	Baked Potato & Baked Beans (Ve) Broccoli & Cauliflower Raspberry & Apple Cake with Custard	Tomato Soup (Ve) with Bread Vegetable Burrito (Ve) Pilau Rice Carrots	Vegetable Omelette Diced Potatoes Peas & Sweetcorn Cheese & Crackers with Apple
WEEK 2	20 September 18 October 15 November 13 December 10 January 7 February 7 March Minestrone Soup (Ve) with Pitta Bread Vegetable Curry (Ve) Rice Peas	Cheese & Tomato Pizza Sweet Chilli Pasta Salad Sweetcorn Oatie Biscuit with Banana Slices	Tomato Pasta (Ve) Crusty Bread Broccoli & Cauliflower Gingerbread Muffin with Pears	Quorn Casserole Boiled Potatoes Green Beans Ice Cream With Apple	Leek & Potato Soup with Bread Veggie Bites Diced Potatoes Baked Beans
WEEK 3	30 August 27 September 25 October 22 November 20 December 17 January 14 February 14 March Tomato Soup with Bread Tomato Pasta (Ve) Sweetcorn	Baked Potato & Baked Beans (Ve) Coleslaw Jelly with Peaches (Ve)	Macaroni Cheese Peas Chocolate Brownie with Banana Slices	Vegetable Bean Burger Boiled Potatoes Mixed Vegetables Shortbread with Apple	Garlic Bread with Dip Quorn Pasta Bake Broccoli and Cauliflower
WEEK 4	6 September 4 October 1 November 29 November 24 January 21 February 21 March Lentil Soup (Ve) with Pitta Bread Broccoli Bake Sweetcorn	Baked Potato and Cheese Broccoli Oven Baked Doughnut with Apple	Cheese Swirls Tomato Pasta (Ve) Peas	Cheese & Tomato Pizza Diced Potatoes Carrots Banana Loaf and Pears	Sweet & Sour Vegeballs (Ve) Boiled Potatoes Mixed Vegetables Jelly with Mandarins



Fruit and Salad available daily

(Ve) Vegan

* may contain nuts
 ** may contain sesame