

# St Vincent's Vegetarian Tea Menu

## Week 1 – Winter

### Monday

#### Jacket Potato with Baked Beans & Cheese

Contains: Dairy, Gluten

Fruit – Banana Slices

### Tuesday

#### Vegetable Quiche

Homemade quiche made with short crust pastry, egg, milk and roasted vegetables

Contains: Gluten, Dairy, Egg

Fruit – Orange Segments

### Wednesday

#### Baked Macaroni Cheese

Contains: Dairy, Gluten

Fruit– Melon Wedges

### Thursday

#### Mixed Sandwiches

A choice of hummus, avocado and soft cheese with cucumber using wholemeal bread

Contains: Dairy, Gluten

Fruit – Apple Slices

### Friday

#### Butternut Squash & Carrot Soup

Homemade soup using butternut squash, carrots, potato, celery, onion, vegetable stock & croutons

Contains: Dairy, Gluten, Egg

Fruit – Pear Slices

# St Vincent's Vegetarian Tea Menu

## Week 2 – Winter

### Monday

#### **Baked Macaroni Cheese**

Contains: Dairy, Gluten

**Fruit – Melon Wedges**

### Tuesday

#### **Carrot and Coriander Soup**

Homemade soup using carrots, coriander, onion and vegetable stock with croutons

Contains: Egg, Dairy, Gluten

**Fruit – Banana Slices**

### Wednesday

#### **Jacket Potato with Baked Beans & Cheese**

Contains: Dairy, Gluten

**Fruit – Orange Segments**

### Thursday

#### **Vegetable Quiche**

Homemade quiche made with short crust pastry, egg, milk and roasted vegetables

Contains: Gluten, Dairy, Egg

**Fruit – Apple Slices**

### Friday

#### **Mixed Sandwiches**

A choice of hummus, avocado & soft cheese with cucumber using wholemeal bread

Contains: Dairy, Gluten

**Fruit – Banana Slices**

# St Vincent's Vegetarian Tea Menu

## Week 3 – Winter

### Monday

#### **Leek and Potato Soup**

Homemade soup using leek, potato, onion & vegetable stock with croutons

Contains: Egg, Dairy, Gluten

**Fruit – Melon Wedges**

### Tuesday

#### **Jacket Potato with Baked Beans & Cheese**

Contains: Dairy, Gluten

**Fruit – Apple Slices**

### Wednesday

#### **Vegetable Quiche**

Homemade quiche made with short crust pastry, egg, milk and roasted vegetables

Contains: Gluten, Dairy, Egg

**Fruit – Banana Slices**

### Thursday

#### **Baked Macaroni Cheese**

Contains: Dairy, Gluten

**Fruit – Orange Segments**

### Friday

#### **Mixed Sandwiches**

A choice of hummus, avocado and soft cheese with cucumber using wholemeal bread

Contains: Dairy, Gluten

**Fruit – Pears**

# St Vincent's Vegetarian Tea Menu

## Week 4 – Winter

### Monday

#### **Vegetable Quiche**

Homemade quiche made with short crust pastry, egg, milk and roasted vegetables

Contains: Gluten, Dairy, Egg

**Fruit – Melon wedges**

### Tuesday

#### **Baked Macaroni Cheese**

Contains: Dairy, Gluten

**Fruit – Apple Slices**

### Wednesday

#### **Mixed Sandwiches**

A choice of hummus, avocado and soft cheese with cucumber using wholemeal bread

Contains: Dairy, Gluten

**Fruit – Pear Slices**

### Thursday

#### **Jacket Potato with Baked Beans & cheese**

Contains: Dairy, Gluten

**Fruit– Banana Slices**

### Friday

#### **Carrot and Coriander**

Homemade soup using carrots, coriander, onion, vegetable stock and croutons

Contains: Egg, Dairy, Gluten

**Fruit – Orange Segments**