

# St Vincent's Vegetarian Lunch Menu

## Week 1 – Winter

### Monday

#### **Vegetable Chilli Con Carni with Rice**

Minced quorn cooked with onions, peppers, carrots, celery, peas, sweet corn and kidney beans in a homemade tomato sauce containing coriander, cumin and tomato puree. Served with brown rice

Contains: Egg, Celery

#### **Dessert – Fresh Fruit and Yoghurt**

Contains: Milk (Dairy)

### Tuesday

#### **Sweet Potato, Roast Pepper & Tomato Pasta Bake**

Pasta, sweet potato, mixed peppers with a homemade tomato sauce containing red onion, garlic, oregano and basil. Topped with cheese and served with a mixed salad

Contains: Gluten, Milk (Dairy)

#### **Dessert – Mixed Melon**

### Wednesday

#### **Quorn Fillet Roast Dinner**

Diced Quorn with roast potatoes and mixed vegetables served with vegetable gravy

Contains: Gluten, Egg, Milk (Dairy)

#### **Dessert – Chocolate and Raspberry Cake**

Contains: Milk (Dairy), Egg, Gluten

### Thursday

#### **Roast Vegetable Curry with Rice**

Sweet potato, mixed peppers, peas, butternut squash, spinach and onions cooked in a mild curry sauce. Served with rice and naan bread

Contains: Milk(Dairy)

#### **Dessert – Apple Crumble served with custard**

Contains: Egg, Milk (Dairy), Gluten

### Friday

#### **Bubble & Squeak Cakes with Potato Wedges and Vegetables**

Potato, cabbage, onion cooked in breadcrumbs served with potato wedges and root vegetables

Contains: Gluten, Egg

#### **Dessert – Fruit Salad**

# St Vincent's Vegetarian Lunch Menu

## Week 2 – Winter

### Monday

#### **Mushroom and Spinach Linguine with a Cream Sauce**

Mushroom and spinach cooked in a homemade cream cheese sauce served with linguine pasta

Contains: Milk (Dairy), Gluten

#### **Dessert – Banana sponge cake served with custard**

Contains: Milk (Dairy), Egg, Gluten

### Tuesday

#### **Vegetable Korma with Rice**

Roasted Vegetables including mixed peppers, aubergine, courgettes, onion and lentils cooked in a mild yoghurt spiced sauce. Served with rice and naan bread

Contains: Dairy

#### **Dessert – Kiwi and Pears**

### Wednesday

#### **Vegetarian Sausage Toad in a Hole**

Vegan sausages cooked in a homemade batter served with mash potato and gravy.

Contains: Egg, Milk (Dairy), Gluten

#### **Dessert – Fresh Fruit and Yoghurt**

Contains: Milk(Dairy)

### Thursday

#### **Vegetable Risotto**

A variety of vegetables cooked with risotto rice served with seasonal vegetables

#### **Dessert – Warm Rice Pudding**

Contains: Milk (Dairy), Soya, Gluten

### Friday

#### **Vegetarian Hot Pot**

Butternut squash with onions, carrots, celery and peas in vegetable gravy.

Served with potato, cauliflower and swede

Contains: Celery, Gluten, Soya

#### **Dessert – Fruit Platter**

# St Vincent's Vegetarian Lunch Menu

## Week 3 – Winter

### Monday

#### **Vegetarian Meatball and Root Vegetable Casserole**

Quorn Swedish meatballs cooked with mushrooms, carrots, swede, butternut squash cooked in a vegetable gravy served with mash potato and green cabbage

**Contains: Gluten, Egg**

#### **Dessert – Fresh Fruit and Yoghurt**

**Contains: Milk (Dairy)**

### Tuesday

#### **Herb Crusted Vegetables in a White sauce**

A mixture of vegetables cooked in a homemade leek and cheese sauce  
With herbs and breadcrumbs served with mash potato

**Contains: Milk (Dairy), Gluten**

#### **Dessert – Warm pear cake served with Custard**

**Contains: Egg, Milk (Dairy), Gluten**

### Wednesday

#### **Vegetable Curry with Rice**

Red lentils with aubergine, peppers, peas, carrots and onion cooked in a mild curry sauce  
Served with rice and naan bread

**Contains: Milk (Dairy)**

#### **Dessert – Oranges and Kiwis**

### Thursday

#### **Vegetarian Lasagne**

Sweet potato and lentils cooked in a homemade tomato sauce with lasagne sheets and a white sauce topped with cheese

**Contains: Milk (Dairy), Gluten, Egg**

#### **Dessert – Warm Apple and Mixed berries with crumble served with yoghurt**

**Contains: Milk (Dairy)**

### Friday

#### **Pasta with Pesto & Peas**

Penne Pasta with peas cooked in a pesto sauce topped with grated cheese. Served with potato salad

**Contains: Dairy, Gluten**

#### **Dessert – Carrot Cake served with custard**

**Contains: Milk (Dairy), Egg, Gluten**

# St Vincent's Vegetarian Lunch Menu

## Week 4 – Winter

### Monday

#### **Sweet Potato, Spinach and Lentil Curry**

Sweet potato, lentil, spinach and a variety of vegetables cooked in a mild curry sauce.  
Served with rice and naan bread.

Contains: Milk (Dairy), Gluten

#### **Dessert – Fresh Fruit and Yoghurt**

Contains: Milk (Dairy)

### Tuesday

#### **Vegetarian Shepherd's Pie**

Minced Quorn cooked with fresh vegetables including peas, fresh tomatoes and broccoli with vegetarian gravy. Served with mash potato and mixed vegetables

Contains: Soya, Celery, Gluten, Egg

#### **Dessert – Banana topped with chocolate sauce**

Contains: Milk (Dairy)

### Wednesday

#### **Vegetarian Fingers with Potato Wedges**

Vegetarian fingers served with potato wedges and peas

#### **Dessert – Pineapple and Oranges**

### Thursday

#### **Vegetable Stew with Sweet Potato Mash**

Butternut squash with mushrooms, onions, carrots, celery and peas cooked in gravy  
Served with sweet potato mash

Contains: Gluten, soya, celery

#### **Dessert – Mixed dried fruit cake served with custard**

Contains: Gluten, Egg, Milk (Dairy)

### Friday

#### **Falafel Balls & Spaghetti**

Falafel balls cooked in a homemade tomato sauce  
Served with fine spaghetti and topped with cheese.

Contains: Milk (Dairy), Gluten

#### **Dessert – Fruit Platter**

