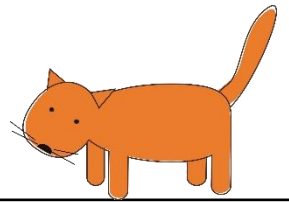


Sample Vegetarian Menu



Weekly menu	Breakfast	Lunch	Tea
<b>Monday</b>	Selection of cereals and wholemeal toast	Mackerel with potatoes and peas  Chocolate sponge with chocolate sauce	Crunchy vegetable sticks with garlic dip  Terrific tortilla parcels with wedges
<b>Tuesday</b>	Selection of cereals and wholemeal toast	Meat free chicken tikka masala with rice and naan bread  Natural yoghurt with seasonal fruit	Oat cakes with red pepper and cream cheese spread  Creamy mushroom soup with freshly baked bread
<b>Wednesday</b>	Selection of cereals and wholemeal toast	Pasta shells with red vegetable sauce topped with cheese  Fresh fruit platter	Tuna pâté with pitta fingers  Jacket potato with a choice of fillings
<b>Thursday</b>	Selection of cereals and wholemeal toast	Meat free chicken casserole with potatoes and carrots  Homemade rice pudding	Corn cakes topped with hummus  Selection of sandwiches with crudités
<b>Friday</b>	Selection of cereals and wholemeal toast	Vegetarian sausage with mashed potatoes and seasonal vegetables  Freshly baked scones with jam and cream	Bruschetta  Homemade fish fingers with beans