

Whetstone Egg Free 2019 (Lacto vegetarian-eats dairy)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pizza	Neapolitan Pasta	Linda McCartney Sausages with Gravy	Linda McCartney Sausages (chopped into 3) served in Freshly made Tomato Sauce	Vegetable Bake
Carbs & Vegetables	Baked Beans Sweetcorn Broccoli	Peas Carrots Baked Beans	Roast & Creamed Potatoes Carrots Broccoli Cauliflower Cheese	Penne Pasta Baked Beans Peas	Chips Jacket Potato Peas Sweetcorn Baked Beans
Puddings	Cookie	Vegan Muffin	Ice cream	Selection of Shortbreads	Plain Fruit Jelly Fresh Fruit Salad Fruit Platter Yoghurt

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Pizza	Cowboy Pie Cheesy Pasta Bake	Linda McCartney Sausages with Gravy	Cheesy Potato & Beans in a Soft Tortilla	Vegetable Bake
Carbs & Vegetables	Sweetcorn Baked Beans Green Beans	Baked Beans Peas	Roast & Creamed Potatoes Carrots Broccoli Cauliflower Cheese	Baby Potatoes Sweetcorn Baked Beans	Chips Rice Carrots Peas Baked Beans
Puddings	Vegan Muffin	Cookie	Ice cream	Cookie	Plain Fruit Jelly Fresh Fruit Salad Fruit Platter Yoghurt

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Pizza	Vegetable & Lentil Bolognaise	Linda McCartney Sausages with Gravy	Cheese & Potato Pie (omit egg)	Vegetable Bake
Carbs & Vegetables	Fresh Bread Wedge Chips Baked Beans Broccoli	Herby Pasta Broccoli Sweetcorn Baked Beans	Roast & Creamed Potatoes Carrots Cauliflower & Broccoli	Sweetcorn Carrots Baked Beans	Chips Rice Peas Baked Beans
Puddings	Apple Flapjack	Ice Cream	Iced Bun Rice Pudding	Vegan Muffin	Plain Fruit Jelly Fresh Fruit Salad Fruit Platter Yoghurts

Notes:

DO NOT USE QUORN as it contains EGG.

Penne and Spaghetti are both totally Egg Free.

If having meatballs you may but a Linda McCartney Sausage into 3.

Custard can be served with a cookie/muffin if it is on with service.

Do Not Glaze with Egg.

Pastry Squares are suitable for dishes.