

# Menu

FEBRUARY  
2026  
Vegetarian/  
Vegan



## Tip of the month

10th February is World Legume Day

.These include lentils, chickpeas, white beans, kidney beans and peas. Their nutritional value is enormous. Their nutritional power is enormous. They have high-quality vegetable protein, are rich in fibre and low in fat, and contain minerals such as iron, folate, potassium and magnesium. Eat pulses 1 or 2 times a week as a main dish and as a side dish

**M/02**

- Macaroni with tomato and grated cheese
- Vegan meatballs with carrots
- Seasonal fruit
- Cheese roll/seasonal fruit
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**T/03**

- Cream of Broccoli soup
- Vegan burger with baked potatoes
- Seasonal fruit
- Yoghurt / vegan yoghurt
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**W/04**

- Haricot bean stew
- Vegan fish. Salad
- Seasonal fruit
- Olive oil roll
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**T/05**

- Rice with vegetables
- Chickpea falafel. Green beans.
- Yoghurt/ vegan yoghurt
- Seasonal fruit
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**F/06**

- Lentil stew
- Scrambled eggs with mushrooms and chips. Vegan sausages. Mushrooms
- Seasonal fruit
- Peanut butter roll
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**M/09**

- Cream of Courgette soup.
- Fried egg with chips (Vegan meatballs)
- Seasonal fruit
- Olive oil roll
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**T/10**

- Rice with tomato.
- Vegan fish. Roast vegetables
- Yoghurt / vegan yoghurt
- Seasonal fruit
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**W/11**

- Potato casserole
- Vegan Burger. Salad
- Seasonal fruit.
- Cheese roll/ seasonal fruit
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**T/12**

- Lentil stew
- Spanish omelette. Sliced tomato/vegan salad
- Seasonal fruit
- Yoghurt / vegan yoghurt.
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**F/13**

- Vegan pasta bolognaise.
- Chickpea falafel. Sautéed green beans
- Seasonal fruit.
- Peanut butter roll.
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**M/16**

- Rice with vegetables and peas
- Vegan meatballs with tomato. Carrots
- Seasonal fruit
- Olive oil roll
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**T/17**

- Cream of Vegetable soup.
- Pizza with textured soy bolognaise
- Seasonal fruit
- Yoghurt/ vegan yoghurt
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**W/18**

- Potato and artichoke casserole
- Egg mayonnaise. Lettuce and sweet corn. Lentil burger with tomato
- Seasonal fruit
- Olive oil roll
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**T/19**

- Vegan stew
- Vegan sausages with roast peppers.
- Yoghurt/ Vegan yoghurt
- Seasonal fruit.
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**F/20**

- Macaroni with tomato and grated cheese/ no cheese
- Vegan fish with salad.
- Seasonal fruit
- Peanut butter roll.
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**M/23**

- Lentil stew
- Spanish omelette. Lettuce and tomato salad. Vegan fish.
- Seasonal fruit
- Cheese roll/seasonal fruit
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**T/24**

- Cream of Carrot soup
- Vegan meatballs with boulangère potatoes
- Yoghurt / vegan yoghurt
- Seasonal fruit
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**W/25**

- Spaghetti with onion and cheese (Tomato).
- Russian steak with carrots. Ratatouille
- Seasonal fruit
- Peanut butter roll.
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**T/26**

- Mixed salad.
- Vegan burger. Sautéed rice.
- Seasonal fruit.
- Yoghurt / vegan yoghurt.
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**F/27**

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**EDUCATIONAL COMMUNITY DAY**