

Menu

APRIL 2026
Vegetarian/
Vegan



M/06

- Cream of Pumpkin soup
- Fried egg and chips (scrambled) / falafel and chips
- Seasonal fruit
- Cheese roll/ seasonal fruit
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T/07

- Chickpeas with vegetables
- Vegan sausages. Sliced tomato
- Seasonal fruit
- Yoghurt / vegan yoghurt
-

W/08

- Potato stew
- Vegan burger. Salad
- Seasonal fruit
- Olive oil roll
-

T/09

- Pasta salad.
- Soybean meatballs in sauce. Carrots
- Yoghurt/ vegan yoghurt
- Seasonal fruit
-

F/10

- Rice in tomato sauce
- Vegan fish. Salad
- Seasonal fruit
- Peanut butter roll
-

M/13

- Macaroni with tomato and grated cheese/ no cheese.
- Soybean meatballs with mushrooms
- Seasonal fruit
- Cheese roll/ vegan yoghurt
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T/14

- Cream of Carrot soup
- Vegan burger with sautéed rice
- Yoghurt / vegan yoghurt
- Seasonal fruit
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W/15

- Lentil stew
- Eggs with mayonnaise (vegan sausages). Lettuce and sweet corn salad.
- Seasonal fruit.
- Olive oil roll/ seasonal fruit
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T/16

- Mixed salad. (Cream of Leek soup)
- Vegan pizza
- Seasonal fruit
- Yoghurt / vegan yoghurt.
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F/17

- Wholegrain rice with vegetables and peas.
- Vegan fish. Salad
- Seasonal fruit.
- Peanut butter roll.
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M/20

- Gazpacho (Cream of Vegetable soup)
- Scrambled eggs and chips /Falafel . Mushrooms
- Seasonal fruit
- Olive oil roll
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T/21

- Special fried wholegrain rice
- Vegan fish. Salad
- Seasonal fruit
- Yoghurt/ vegan yoghurt
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W/22

- Chickpeas with pumpkin.
- Vegan burger. Salad
- Seasonal fruit
- Cheese roll / Seasonal fruit
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T/23

- Wholegrain spaghetti with tomato
- Vegan sausages . Salad.
- Yoghurt/ Vegan yoghurt
- Seasonal fruit.
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F/24

- Cream of Courgette soup
- Soybean meatballs with roast vegetables
- Seasonal fruit
- Peanut butter roll.
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M/27

- Cream of broccoli soup
- Soybean meatballs in sauce with boulangère potatoes
- Seasonal fruit
- Olive oil roll
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T/28

- Lentil stew
- Spanish omelette. Sliced tomato /Vegan sausages
- Yoghurt / vegan yoghurt
- Seasonal fruit
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W/29

- Spaghetti bolognaise with textured soy.
- Vegan fish with salad.
- Seasonal fruit
- Cheese roll / seasonal fruit.
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T/30

- Wholegrain rice with vegetables
- Vegan burger. Salad.
- Seasonal fruit.
- Yoghurt / vegan yoghurt.
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F/01

**MAY 1st
BANK HOLIDAY**

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Tip of the month

WHOLE GRAINS

Whole grains (wheat, rice, oats, rye, etc.) retain the entire grain—bran, germ and endosperm—which provides more fibre, vitamins, minerals and antioxidants than refined grains. Their main benefits include better digestion, greater satiety, regulation of blood sugar and a reduction in cholesterol.