

Vegan Menu – Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|--|---|---|--|--|
| Morning Tea | Fresh Fruit Toast with Avocado spread Soya Milk | Fresh Fruit Multigrain Toast topped with banana Soya Milk | Fresh Fruit Toast and vegemite Soya Milk | Fresh Fruit Fruit bread Soya Milk | Fresh Fruit Soya yoghurt with dry fruits and seeds Soya Milk |
| Lunch | Tofu stir fry with steamed rice Water | Pesto pasta with soya cheese Water | Macaroni and Cheese Water | Tempeh curry with steamed rice Water | Chickpea and spinach sausage with potatoes, gravy and peas Water |
| Dessert | Apple Pure | Blueberry and apple pure | Jelly | Strawberry soya yoghurt | Apple Pure |
| Afternoon Tea | Fresh Fruit Wheat crackers with sunflower spread Soya Milk | Fresh Fruit Carrot and Celery sticks with hummus dip Soya Milk | Fresh Fruit Rice crackers and pot of mixed beans with balsamic dressing Soya Milk | Fresh Fruit Falafel with hummus dip Soya Milk | Fresh Fruit Tempeh Sandwiches Soya Milk |

Vegan Menu – Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|---|--|---|---|---|
| Morning Tea | Fresh Fruit Toast with hummus Soya Milk | Fresh Fruit Bowl of white beans Soya Milk | Fresh Fruit Toast and hummus spread Soya Milk | Fresh Fruit Fruit toast Soya Milk | Fresh Fruit Toast and vegemite Soya Milk |
| Lunch | Tomato pasta with mixed beans and vegies Water | Honey Tofu with stir fry vegies and brown rice Water | Mashed potato mixed vegie pie Water | Mixed vegetable soup with dipping bread Water | Mild chickpea curry with steamed rice Water |
| Dessert | Apricot soya yoghurt | Soya Custard | Blueberry Soya yoghurt | Pineapple pieces | Strawberry and melon pure |
| Afternoon Tea | Fresh Fruit Rice crackers Soya Milk | Fresh Fruit Carrot and Celery sticks with hummus dip Soya Milk | Fresh Fruit Roasted chickpeas Soya Milk | Fresh Fruit Soya yoghurt mixed with dried fruit and seeds Soya Milk | Fresh Fruit Pesto Dip with crackers Soya Milk |