

**AUTUMN/WINTER
2025 MENU**



VEGAN SUITABLE MENU

Plymouth Cast

This menu is NOT suitable for children with allergies and/or intolerances to the legal 14 allergens.

‘SD’ next to a recipe means that this is a special diet recipe. These recipes closely replicate the dish on the main menu but have been adapted for vegan-suitable pupils.

NOTE: This menu is free from animal-based ingredients and derivatives however not all ingredients are vegan certified.

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STOP AND THINK!
Have you completed the double-
checking confirmation sheet?



VEGAN SUITABLE WEEK 1

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	MAIN DISH	BBQ Vegetable Wrap 93037184 with Potato Wedges 93156646	Vegetarian Bolognese 93227274 with Wholewheat Pasta 93108780	SD Vegan Sausage 93200114 with Roast Potatoes 93035127 and Gravy 93034775	SD Winter Vegetable Hotpot 93315919	Veggie Fingers CONTAINS GLUTEN 93175226 with Chips 93040525
	JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839 / 93227189 NO DAIRY-BASED CHEESE OR TUNA/SALMON MAYO				
	PASTA	SD Tomato Pasta 93171286				
	VEG	All main meals are served with two vegetables. NO MIXED SALAD OR SALAD BAR				
	DESSERT	SD Apple & Cinnamon Sponge 93289524	SD Coconut Yoghurt 93200113 and Fresh Fruit 93041624/ 93065473/ 93041625	SD Lemon Drizzle Sponge 93219994	SD Apple Crumble 93219577 with SD Custard 93166606	Vanilla Dessert Pot 93207224

ONLY SERVE WHAT IS ON THIS MENU
SD – SPECIAL DIET RECIPE

Available Daily: Cool Water, Freshly Baked Bread, SD Coconut Yoghurt (93200113) and Fresh Fruit (93041624/ 93065473/ 93041625)
NO SALAD BAR, STANDARD YOGHURT OR STANDARD COLESLAW

NO ANIMAL DERIVED PRODUCTS INCLUDING MEAT, FISH, MILK, EGG AND HONEY

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VEGAN SUITABLE WEEK 2

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	MAIN DISH	SD Bean Burrito 93281952 with Wholegrain Rice 93035026	Vegetarian Sausage 93037125 with Mashed Potato 93046790 and Gravy 93034775	Sweet Potato, Chickpea and Herb Roast 93157943 with Roast Potatoes 93035127 and Gravy 93034775	SD Cauliflower and Sweet Potato Masla 93235471 with Wholegrain Rice 93035026	Veggie Fingers CONTAINS GLUTEN 93175226 with Chips 93040525
	JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839 / 93227189 NO DAIRY-BASED CHEESE OR TUNA/SALMON MAYO				
	PASTA	SD Tomato Pasta CONTAINS SOYA 93171286				
	VEG	All main meals are served with two vegetables. NO MIXED SALAD OR SALAD BAR				
	DESSERT	SD Coconut Yoghurt 93200113 and Fresh Fruit 93041624/ 93065473/ 93041625	Flapjack 93303592	SD Chocolate Brownie 93196787 with Apple Wedges 93365817	SD Apple & Cinnamon Sponge 93289524 with SD Custard 93166606	Vanilla Dessert Pot 93207224

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NO SALAD BAR, STANDARD YOGHURT OR STANDARD COLESLAW

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VEGAN SUITABLE WEEK 3

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	MAIN DISH	SD Vegan Cheese & Tomato Pizza 93174975 with Potato Wedges 93156646	Veggie Chilli Con Carne with Crispy Tortilla 93248112 with Wholegrain Rice 93035026	Vegetable Pastry Slice 93416017 with Mashed Potato 93046790 and Gravy 93034775	Veggie Shepherds Pie 93125973 and Gravy 93034775	Quorn Dippers 93161349 with Chips 93040525
	JACKET POTATO	Jacket Potato with Baked Beans or Vegan Cheese 93034839 / 93227189 NO DAIRY-BASED CHEESE OR TUNA/SALMON MAYO				
	PASTA	SD Tomato Pasta CONTAINS SOYA 93171286				
	VEG	All main meals are served with two vegetables. NO MIXED SALAD OR SALAD BAR				
	DESSERT	SD Banana and Chocolate Marble Cake 93220749	SD Orange Glazed Pudding 93316120 with SD Custard 93166606	Lemon Cookie 93293872	SD Coconut Yoghurt 93200113 and Fresh Fruit 93041624/ 93065473/ 93041625	Vanilla Dessert Pot 93207224

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NO SALAD BAR, STANDARD YOGHURT OR STANDARD COLESLAW

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