# Veggie sample Menu 2026

Nutritious delight with every bite

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# Veggie sample menu week 1

Bespoke EYFS compliant menus

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **breakfast** | weetabix & banana | baked oats with natural yoghurt & fresh fruit | toast with plant based butter & fresh fruit selection | rude health cereal & fresh fruit selection | natural yoghurt topped with peaches, raspberries & puffed oats |
| **am snack** | beetroot & horseradish hummus & rice cakes | toast/bread & cream cheese spread | corn cakes and cheese wedges | pineapple slices with chickpea and lentil crackers | rice cakes with cucumber sticks & yoghurt dip |
| **lunch** | cowgirl millie's sweet potato chilli | squash & chickpea curry | red pepper & sweet potato tagine | veggie roast | reggie's pie |
| **side dishes** | potato wedges | brown rice | couscous | roast potatoes, carrots & sweetcorn | peas and rye & wheat bread |
| **second course** | braised apples with raisins & yoghurt | cheese wedges & corn cakes | pakora & yoghurt dip | apple slices & yoghurt | peach & raspberry pie |
| **pm snack** | pears | satsumas | apples | carrot sticks & cream cheese dip | watermelon |
| **tea** | marghetia pasta bake | mushroom barley risotto | greek beans | teddy's DIY pizza | loaded sweet potato wedges |
| **side dishes** | peas | sweetcorn and rye & wheat bread | naan bread | rainbow veg sticks & hummus | grated cheese |
| **second course** | satsumas | apple slices | spiced pineapple | pears | carrot sticks & velvet hummus |

# Veggie sample menu week 2

Bespoke EYFS compliant menus

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| breakfast | rude health cereal & fresh fruit selection | baked oats with braised apples | weetabix & poached peaches | natural yoghurt topped with chopped fresh fruit & spelt flakes | weetabix & apple slices |
| am snack | rice cakes & yoghurt dip | piadina wraps & cheese wedges | chickpea and lentil crackers and beetroot & horseradish hummus | corn cakes & cream cheese spread | rice cakes & velvet hummus |
| lunch | butternut & apricot couscous | red pepper with GF pasta | cowgirl millie's sweet potato chilli | sweet & sour veggies | cheesy leek & potato pie |
| side dishes | piadina wraps | peas | roast potatoes | noodles | peas |
| second course | cheese wedges & apple slices | baked oats | apple crumble & yoghurt | watermelon | bananas & yoghurt |
| pm snack | bananas | pears | satsumas | carrot sticks | pineapple |
| tea | chana masala | italian bean stew | brilliant baked beans | veggie hotpot | bbq bean chilli |
| side dishes | brown rice | roast potatoes | rye and wheat bread & butter | peas | mini jacket potatoes |
| second course | pears | braised apples | bananas | naan bread with yoghurt dip | poached peaches |

# Veggie sample menu week 3

Bespoke EYFS Compliant menus

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **breakfast** | mashed banana on toast with fresh fruit selection | yoghurt topped with peaches, oats & seeds (peach crumble) | rude health cereals with fresh fruit selection | weetabix & pear | baked oats with braised apples & raisins |
| **am snack** | chickpea and lentil crackers & beetroot & horseradish hummus | corn cakes & cream cheese spread | chickpea and lentil crackers & pears | rice cakes & cheese wedges | naan bread & velvet hummus |
| **lunch** | NEW veggie bolognese | mushroom strogonoff pasta | squash and chickpea curry | creamy parnsip & cannellini bake | sweet potato & red pepper tagine |
| **side dishes** | carrots | peas and rye & wheat bread | naan bread | mini jackets | couscous |
| **second course** | auntie rosie's apple strudel | peach crumble & yoghurt | corn cakes & cream cheese | melon slices | braised apples with raisins & yoghurt |
| **pm snack** | pears | apple | satsumas | carrot sticks | mango pieces |
| **tea** | veggie malaysian curry | veggie fajitas | veggie roast | paneer tikka masala | lulu's african bean stew |
| **side dishes** | noodles | piadina wraps & crunchy slaw | peas & sweetcorn | brown rice | white rice |
| **second course** | cheese wedges & corn cakes | bananas | poached peaches & yoghurt | apple slices | pineapple slices |