

**VEGAN DIET****WEEK 1****DECEMBER 2012.**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lunch</b>	Nut Roast.  Bean goulash.	Spicy Vegetable Pasty.  Pasta Provencal.	Vegetable Sausage.  Jacket Potato & Beans	Vegetable Chilli.  Nut Roast & tomato sauce	Cauliflower Mexicana  Vegetable curry.	Spicy Vegetable Pasty  Peanut Butter & salad sandwich	Nut Roast & tomato sauce.  Mushroom, Courgette & tomato pasta
<b>Supper</b>	Jacket potato & baked beans.  Peanut Butter & salad sandwich	Vegetable Chilli.  Lentil bolognaise	Lentil & vegetable curry.  Bean goulash.	Bean Casserole  Houmous Salad	Vegetable sausage.  Jacket Potato & lentil sauce	Mushroom & chick pea risotto.  Cauliflower mexicana.	Vegetable Sausage.  Vegetable curry.

**VEGAN DIET****WEEK 2**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lunch</b>	Vegetable & bean cottage pie.  Cauliflower Mexicana	Vegetable risotto.  Spicy vegetable pasty	Nut Roast.  Jacket potato & baked beans	Lentil bolognaise.  Vegetable curry	Mushroom & chick pea risotto.  Cauliflower Mexicana	Lentil & vegetable casserole.  Vegetable Sausage	Nut roast & tomato sauce  Chick pea curry.
<b>Supper</b>	Mixed bean curry  Lentil Bolognaise	Vegetable sausage.  Houmous salad	Peanut butter & salad sandwich  Vegetable chilli	Nut roast.  Spicy vegetable pasty.	Bean goulash.  Houmous salad	Vegetable curry.  Peanut butter & salad sandwich	Lentil bolognaise.  Jacket potato & baked beans.

