








## BISM VEGETARIAN LUNCH MENU

ALL MEALS INCLUDE A SALAD BUFFET

May 2021

WEEK 1	MONDAY - 3	TUESDAY - 4	WEDNESDAY - 5	THURSDAY - 6	FRIDAY - 7
SOUP		Minestrone soup	Vegetable soup	Tomato soup	Roasted red pepper soup
1 COURSE		Lentil stew	Chickpea balls in tomato sauce	Lentil stuffed eggplant	Chickpea & veggie patties
2 COURSE		–	–	–	–
GARNISH		White rice / Green asparagus	Pasta / Stir fry zucchini	Whole grain rice pilau / Green beans	Roast potatoes / Corn on the cob
DESERT		Fruit salad	Yoghurt with Honey	Fruit salad	Yoghurt with marmalade
ALLERGY AWARENESS					
WEEK 2	MONDAY - 10	TUESDAY - 11	WEDNESDAY - 12	THURSDAY - 13	FRIDAY - 14
SOUP	Vegetable soup	Cream corn soup	Tomato soup	Carrot coriander soup	Lentil soup
1 COURSE	Pasta with 2 sauces	Vegetarian Chilli	Seitan burgers	Zucchini stuffed with chickpea curry	Pinto bean vegetable stew
2 COURSE	Mix veg and kidney bean pattie	–	–	–	–
GARNISH	Steamed veggie mix / Pasta	Tumaric rice / Vegetable mix	Herb roasted baby potatoes / Onoin, bell pepper stir fry	Polanta squares / Garlic mushrooms	Roast potatoes / Baked carrots
DESERT	Strawberrie jelly	Fruit salad	Yoghurt with honey	Fruit salad	Yoghurt with marmalade
ALLERGY AWARENESS					

WEEK 3	MONDAY - 17	TUESDAY - 18	WEDNESDAY - 19	THURSDAY - 20	FRIDAY - 21
<b>SOUP</b>	Gazpacho	Carrot ginger soup	Curried cauliflower soup	Tomato soup	Chilli bean soup
<b>1 COURSE</b>	Falafel in tomato sauce	Kidney and beetroot pattie	Italian white bean stew	Vegetarian paella	Vegetarian stir fry and black bean wrap
<b>2 COURSE</b>	Springrolls	–	–	–	–
<b>GARNISH</b>	White grain rice / Steamed broccoli	Fries / Corn on the cob	Pasta / Veggies stir fry	Spanish tortilla / Green beans	Potato wedges / Steamed green beans
<b>DESERT</b>	Coconut & chia seed pudding	Fruit salad	Yoghurt with honey	Fruit salad	Yoghurt with marmalade
<b>ALLERGY AWARENESS</b>					
WEEK 4	MONDAY - 24	TUESDAY - 25	WEDNESDAY - 26	THURSDAY - 27	FRIDAY - 28
<b>SOUP</b>	Curried vegetable soup	Potato soup	Lentil soup	Tomato soup	Vegetable soup
<b>1 COURSE</b>	Chickpea falafel	Vegetarian Chilli	Chickpea and veggie pattie	Chickpea potatoe curry and spinach	Mix veg and kidney bean meatloaf
<b>2 COURSE</b>	Mushroom croquettas	–	–	–	–
<b>GARNISH</b>	Potato wedges / Ratatouille	White rice / Vegetable mix	Boiled potatoes / Veggie stir fry	Pasta / Steamed broccoli	Mash potatoes / Corn on the cob
<b>DESERT</b>	Apple cake	Fruit salad	Yoghurt with honey	Fruit salad	Yoghurt with marmalade
<b>ALLERGY AWARENESS</b>	