

## Bexley Interfaith Food Project

### Menus

| Main   | Vegetarian/Vegan  | Pudding  |
|--|---|--|
| <p><b><u>Week 1</u></b><br/> <b>Beef Lasagne and green salad</b><br/>           Beef mince (5% fresh)<br/>           Tin chopped tomatoes<br/>           Tomato purée [plus 1tsp sugar]<br/>           Pasta sheets<br/>           White sauce [milk, butter, flour]<br/>           Cheddar cheese<br/>           Onion, carrots, garlic<br/>           Green salad and cherry tomatoes<br/>           Salt and pepper</p> | <p><b>Mushroom Lasagne and Green Salad</b><br/>           Sliced mushrooms<br/>           Tin chopped tomatoes plus sugar<br/>           Pasta sheets (no egg)<br/>           White sauce (vegan)<br/>           Onion &amp; garlic<br/>           Spinach [fresh or frozen]<br/>           Carrots<br/>           Vegan cheese<br/>           Green salad and cherry tomatoes<br/>           Salt &amp; pepper</p> | <p><b>Fruit selection</b><br/>           Apples<br/>           Bananas<br/>           Satsumas</p> |
| <p><b><u>Week 2</u></b><br/> <b>Chicken Pasta Bake and Garlic Bread</b><br/>           Diced chicken<br/>           Pasta spirals [fusilli]<br/>           Basil, parsley and thyme<br/>           Parmesan cheese<br/>           Oil<br/>           Onion and garlic<br/>           Tin chopped tomatoes<br/>           Caster sugar</p>  | <p><b>Penne with Spinach and Tomatoes</b><br/>           Penne<br/>           Garlic<br/>           Mushrooms sliced<br/>           Spinach<br/>           Tin tomatoes<br/>           Fresh basil<br/>           Bottled lemon juice</p>   | <p><b>Fruit Selection</b><br/>           Apples<br/>           Bananas<br/>           Satsumas</p> |
| <p><b><u>Week 3</u></b><br/> <b>Shepherd's Pie</b><br/>           Beef mince (5% fresh)<br/>           Carrots &amp; onion<br/>           Mashed potato [milk, butter &amp; pepper]<br/>           Beef stock (oxo)<br/>           Seasoning to taste<br/>           Green beans</p>   | <p><b>Country Vegetable Pie</b><br/>           Carrots, parsnips, leeks and onions and garlic<br/>           vegetable stock (oxo)<br/>           mash potato<br/>           parsley sauce [vegan butter]<br/>           flour, vegan milk and parsley<br/>           Green beans</p>   | <p><b>Fruit Selection</b><br/>           Apples<br/>           Bananas<br/>           Satsumas</p> |

**Week 4****Chicken Casserole and Vegetables**

Chicken thighs [2 per person]  
Carrots, mushrooms, leeks and onion  
Jacket potatoes  
Chicken stock  
Bouquet garni  
Flour  
Seasoning to taste

**Mixed Bean Bake**

Leeks, garlic, tomato purée  
Sliced mushrooms  
Tin Kidney beans  
Tin Butter beans  
Tin chopped tomatoes  
Parsley  
Season to taste  
Vegan Cheese sauce [vegan butter, flour]  
Vegan Milk

**Fruit Selection**

Apples  
Bananas  
Satsumas