

Vegan menu

This menu is for those following a vegan diet, it contains no animal products, no dairy products or honey.

Breakfast

Orange juice **EC**

+ Gluten free white roll

Served with margarine

Jam **EC**

Marmalade **EC**

Gluten free corn flakes

Soya milk (contains soya)

Mango and passion
fruit coconut yogurt **EC**

Mandarin in juice
fruit pot **EC H**

Peach and pear in
juice fruit pot **EC H**

Banana **EC H**

Beverages

Soya milk (contains soya)

Oat milk

Almond milk

Coconut milk



EC

EASY TO CHEW

H

HEALTHIER EATING

E

HIGH ENERGY

Appetisers

Orange juice 

Tomato soup 

+ Gluten free white roll


Served with margarine

Mains

Provençal vegetable
bake 

Spicy bean casserole

Butterbean and
cauliflower curry  

Butternut squash and
butterbean stew 

Sweet potato and
bean chilli  

Mixed vegetable curry,
masoor daal and rice


Aloo gobi peas moong
daal and rice 

Chickpea daal

Aloo saag with black
eye bean daal and rice

Cauliflower and
aubergine masala,
masoor daal and rice

Jacket potatoes

Jacket potato with
margarine and
baked beans 

Served with side salad


Salads

Falafel houmous 

Vegan sausage roll 

Sandwiches

*Served with Seabrook sea
salted crisps and side salad*

Houmous and falafel
on granary 

Desserts

Hot dessert

Apple crumble 

Plum and cherry
crumble 

*Custard  available
on request*

Cold dessert

Coconut yogurt 

Intense berry dried
fruit mix bag

Banana 

Easy peel orange 

Red apple 

Conference pear  

Snacks

Crackers

Houmous in pot 

Margarine 

Gluten free white roll

Jam 

Marmalade 

Intense berry dried
fruit mix bag

Seabrook sea
salted crisps

Coconut yogurt 

Banana 

Easy peel orange 

Red apple 

Conference pear  