



VEGETARIAN MEALS

A selection of meals provided at Jane Franklin Hall throughout the year.

Spinach and Fetta Filo Slice
Vegetarian Curry
Chickpea Curry
Stir-Fry with Soya Nuggets
Selection of Quiches or Frittatas
Vegetarian Strudel
Vegetarian Samosas
Vegetable and Lentil Lasagna
Legume Cottage Pie
Mushroom Stroganoff or Risotto
Vegetable and Lentil Patties
Eggplant Parmies
Beetroot and Fetta Arancini
Bean and Cumin Fritters
Fried Polenta with Sun-dried Tomatoes and Mediterranean Herbs
Sweet Potato Gnocci Bake
Roast Vegetable Couscous
Thai-Spiced Risotto
Vegetarian Soy Spring Rolls
Crumbed Selection of Seasonal Vegetables
Vegetable Pakoras
Vegetarian Pizza or Crepes
Fried Rice or Noodles
Cannelloni/Coglioni with Various Fillings
Miso Soup with a Selection of Condiments
Vegetarian Curry Puffs
Vegetarian Quesadillas
Enchiladas
Soy Chilli Con Carne
Vegetable and Pea Sprout Omelette
Paneer
Vegetable Tagine
Pea and Chickpea Falafel
Vegetarian Hokkien Noodles
Ratatouille
Creamed Corn and Sun-dried Tomato Baked Bintjies
Couscous-stuffed Zucchini
Puy Lentil baked Capsicum
Filo and Vegetable Baskets
Vegetarian Soups
Structured Salad Bar with Facilities to make your own Salad/Wrap or Roll