

Inspiration to help you celebrate National Vegetarian Week!



National Vegetarian Week begins on Monday 23rd May. To celebrate, we've cooked up a mouth-watering meat-free menu, featuring some of our favourite Linda McCartney dishes.

Whether you're already a vegetarian or you'd like to give it a try, here's some tempting food for thought that we think will inspire you...

Monday

Get the week off to a flying start with our **Cheese Leek and Red Onion Escalopes**. Serve them up with oven-roasted sweet potato chips, sautéed leeks and garden peas.



Or why not try our **Sundried Tomato Escalopes** instead. A simple, summer treat, they taste great with herby oven roasted potatoes and a simple water cress salad.

Tuesday

You can't beat Bangers and Mash, try our **Sausages**. Pile on the creamy mashed potato, be extra generous with the red onion gravy and serve some steamed green beans on the side.

Wednesday

A mid-week treat – an irresistible **Lasagne**, accompanied by a big green leaf salad and chunks of crusty bread to mop up the sauce.

Thursday

Vegemince™ – the magical ingredient that you can turn into spaghetti bolognese, shepherds pie or how about some spicy enchiladas? Get creative and make a meal of it!

Friday

Cosy comfort food to end the working week – and we can't think of anything tastier than a **Country Pie** with home made chunky chips. Add steamed broccoli cooked al dente and relax into the weekend.

Saturday



Summer sun? Throw some **Peri Peri Burgers** and our **Special Edition Italian Sausages** on the BBQ until they're sizzling and slide them into a hot buttered roll. Add sliced onions, cheese, mayo and ketchup for the full al fresco food fest. And if it's raining – do it all indoors!

Sunday

Sunday wouldn't be Sundays without a delicious **Vegetarian Roast** with all the trimmings. Add a generous helping of friends and family to make it even better.

P.S. Don't forget our sausages are also delicious as part of a weekend breakfast brunch.

For more tempting vegetarian dishes and inspiring serving suggestions, visit www.lindamccartneyfoods.co.uk

Don't forget, for more delicious ideas join us on Facebook at www.facebook.com/LindaMcCartneyFoods or [@MeatFreeTweets](https://twitter.com/MeatFreeTweets) on Twitter.

Support National Vegetarian Week at www.nationalvegetarianweek.org



Linda McCartney