



Name: _____

WORLD VEGAN DAY MENU

The brief: A community group is holding a World Vegan Day celebration event on 1st November. The event is open to everyone – all ages, all backgrounds, all dietary needs. You have been asked to design a three-course vegan menu for the occasion. Your menu must be fully plant-based, nutritionally considered, allergen-aware, visually appealing and affordable. Use the Vegan Society recipe database at vegansociety.com/resources/recipes for inspiration.

Your menu will be judged against five criteria: nutrition – cost – seasonality – organoleptic properties – allergens

Name of your menu: _____

Allergens present in my menu: _____
list any of the 14 main allergens that appear in your dishes

Course	Dish name & key ingredients	Main nutrients provided
Starter		
Main		
Dessert		

Draw and label your three courses. *Consider how you would plate your dishes to appeal to the guests.*

Justify your choices: For each criterion, explain how your menu meets it. Use the sentence starter to help you begin.

Nutrition: Which nutrients does your menu provide? How does it meet the needs of people attending this event? <i>My menu provides a source of protein through... and this is important because...</i>	Cost: How have you kept the menu affordable? Why does cost matter for a community event? <i>I have kept costs down by choosing... because...</i>	Seasonality: Which ingredients in your menu are in season in November in the UK? Why does this matter? <i>The ingredient [name] is in season in November because... and using seasonal ingredients means...</i>	Organoleptic properties: How does your menu offer variety in colour, texture and flavour across the three courses? <i>My menu offers variety because the starter is... while the main is... which creates contrast in...</i>	Allergens: How would you communicate allergens to guests at the event? <i>My menu contains [allergen(s)]... I would inform guests by...</i>
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Stretch question – Consider how some people choose to be vegan due to environmental reasons. How does your menu support their wishes? What changes might you need to make? Turn onto the back to answer.