

Week One

Monday

Tomato & basil soup

Balsamic & tomato
pasta (V+)

Vegan gumbo (V+)

Chickpea curry
(V+) (GF)

Peas
Sliced carrots
Wedges

Tuesday

Carrot & coriander
soup

Roast pork dinner
Fish taco

Vegetable & lentil
cottage pie (V+)

Broccoli
Sweetcorn
Roast potatoes

Wednesday

Potato & watercress soup

Jamaican chicken &
sweet potato curry (GF)

Teriyaki pork stir fry

Mushroom stroganoff (V+)
(GF)

Farmhouse vegetables
Garlic & herb roast
potatoes

Thursday

Lentil soup

Cheeseburger

Chicken in hoi sin
sauce

Provençal pasta (V+)

Beans
Corn cobs
Wedges

Friday

Vegetable soup

Breaded fish

Asian style pork

Spinach falafel
burger (V+)

Mushy peas
Baby carrots
Chips

(V+) vegan
(GF) gluten free