

(V+) vegan
(GF) gluten free

Week Two

Monday

Moroccan bean soup

Quorn mince &
dumplings

Cauliflower "mac &
cheese" (V+)

Lentil ragu with
courgetti
(V+) (GF)

Peas
Sliced carrots
Wedges

Tuesday

Tomato &
mascarpone soup

Sausage casserole

Asian baked fish

Tofu katsu curry (V+)

Broccoli Sweetcorn
Roast potatoes

Wednesday

Masoor dhal soup

Tandoori chicken (GF)

Lemongrass beef stew

Spicy chickpea stew (V+)

Farmhouse vegetables
Garlic & herb roast
potatoes

Thursday

Mushroom & tarragon
soup

Chilli chicken taco

Pasta carbonara

Roasted allo gobi (V+)
(GF)

Beans
Corn cobs
Wedges

Friday

Vegetable soup

Breaded fish

Chinese pork
stir fry

Vegan burger
(V+)

Mushy peas
Baby carrots
Chips