

(V+) vegan
(GF) gluten free

Week Six

Monday

Tomato & mascarpone
soup

Vegetable & butter bean
curry

Spinach & pesto gnocchi

Spinach falafel burger
(V+)

Peas

Sliced carrots

Wedges

Tuesday

Carrot & butter
bean soup

Chicken &
mushroom pie

Indian beef stew

Tofu pad thai (V+)

Broccoli

Sweetcorn

Roast potatoes

Wednesday

Spanish lentil soup

Chicken & chorizo fajita
(GF)

Chilli beef

Spicy tomato pasta (V+)

Roast mix vegetables

Garlic & herb roast
potatoes

Thursday

Mushroom & tarragon soup

Shepherd's pie

Southern spiced chicken

Mediterranean layered
bake (V+) (GF)

Beans

Corn cobs

Wedges

Friday

Vegetable soup

Breaded fish

Santa fe chicken

Butternut squash
curry (V+)

Peas

Carrots

Chips