

Week 1	Day	VEG OPTION	Notes ** Carb Free Eaters
Baked pumpkin, feta and slow cooked whole baby onion tart /raw spinach salad and nutty crumble/ portuguese rolls	Monday	Baked pumpkin, feta and slow cooked whole baby onion tart /raw salad and nutty crumble/ portuguese rolls	Casserole version / no tart
Sticky barbeque chicken thighs / tabbouleh salad/flat bread	Tuesday	Mushroom & cheese zucchini parcels/ tabbouleh salad/flat bread	
Cold roast beef/ bean salad/ cheese & corn bread	Wednesday	Sweetcorn and cheese fritters/ bean salad/ cheese & corn bread	
Lime and miso whole chickens/ roast corn & cabbage salad/ rye bread	Thursday	Zucchini & potato rosti/ roast corn & cabbage salad/ rye bread	
Moroccan spiced lamb kofta/ couscous salad/onion bread	Friday	Sweet potato, tomato, basil parcel/ couscous salad/onion bread	
Week 2	Day	VEG OPTION	Notes ** Carb Free Eaters
Herb & olive pasta/ caprese salad/ farmhouse loaf	Monday	Herb & olive pasta/ caprese salad/ farmhouse loaf	Herb & olive zucchini pasta
Thai chicken meat balls /lemon basmati rice/crispy broccoli and green bean salad/ flat bread	Tuesday	Cauliflower, courgette and feta phyllo parcels	
Pulled lamb shoulder/aubergine and lentil salad/ potato rosemary foccacia	Wednesday	vegetable moussaka	
Asian chicken salad and egg noodles / rye bread	Thursday	Asian veggie stir fry /egg noodles / Asian sauce	
Beef mexi bowl / rotie	Friday	Veggie mexi bowl	
Week 3	Day	VEG OPTION	Notes ** Carb Free Eaters
Summer veg moussaka / greek salad/ herb and seed bread	Monday	Meat free Monday	Med veg bowl
Grilled chimmichurri chicken/brown rice salad /olive and rosemary bread	Tuesday	Cumin roasted cauliflower and sweet potato bowl with chimmichuri sauce	
Italian beef meat balls/cucumber salad/bulgar wheat and couscous/herb and seed bread	Wednesday	Zuchinni ribbon, pesto and lemon pasta bowl	

Durban style lamb curry / basmati rice / sambal salad	<u>Thursday</u>	Bean and potato curry / basmati rice	
Sticky sesame chicken breasts/broccoli salad /cumin,garlic butter naan bread	<u>Friday</u>	Broccoli, spinach and cheese parcels	
<u>Week 4</u>	<u>Day</u>	<u>VEG OPTION</u>	<u>Notes ** Carb Free Eaters</u>
Spinach and feta cannelloni pasta/ceaser salad/portuguess rolls	<u>Monday</u>	Meat free Monday	spinach and ricota zuchinni pasta
Lamb fold over/ sweet potato and rosemary crumble bowl/crunchie cabbage salad/cumin naan breads	<u>Tuesday</u>	Falaffel fold over	
Slow roasted beef rump/boiled new potato in fresh herbs/ beetroot and red onion salad/cheese and corn bread	<u>Wednesday</u>	Sweet potato,cherry tomato,corn and basil parcel	
Parmesan baked chicken/ green bean, broccoli and white bean salad - toasted sunflower seeds and cheddar cheese/ onion bread	<u>Thursday</u>	Parmesan baked mushroom	
Chicken breyani / Chunky sambal and carrot pickle	<u>Friday</u>	Vegetable Breyani / chunky sambal and carrot pickle	