

Sunday - 1st March 2020

ruby red beetroot salad  
stir fried veggies with chinese cabbage  
vegetarian minestrone  
sesame chicken lunch bowl  
rosemary and thyme bbq beef steak with mix veggies  
lemon herb salmon and zucchini  
mango chicken and apple sprout salad  
red pesto penne pasta  
bell pepper vegan risotto  
spicy szechuan chicken with brown rice  
beef and cauliflower bake with brown rice  
sesame salmon, broccoli and sweet potato mash

Monday - 2nd March 2020

shrimp and avocado salad with lemon vinaigrette  
lentil, spinach and sweet potato curry  
mushroom vegan risotto with green pepper and artichoke  
french onion chicken breast with garlic sautéed spinach  
hawaiian bbq beef wrap  
salmon tortilla soup  
tropical grilled salmon salad with mango and lime zest  
green zucchini stuffed with brown rice and basil pesto  
thai sweet chili tofu with quinoa  
chicken carbonara linguini  
turkish beef meatballs with gluten free spaghetti  
pan-seared salmon with sweet potato and asparagus

Tuesday - 3rd March 2020

vegan poke bowl  
spinach and feta calzone casserole  
zucchini spaghetti with mild mushroom and green pepper and chives  
mexican chicken tinga  
sweet and spicy and sriracha beef with mix veggies  
poach salmon in lime-coconut with oven roasted sweet potato  
bbq ranch chicken salad  
red bean and sweet potato tamales  
vegetable teriyaki with brown rice  
creamy chicken, gluten free penne with wild mushroom sauce  
coconut lime beef bowl  
honey glazed salmon with couscous

Wednesday - 4th March 2020

asian chicken salad  
black bean and sweet potato tamales  
vegan sundried tomato & basil meatballs  
chicken oriental pasta  
one pot beef steak with brown rice  
fish miso soup with green & tofu  
vegetarian italian salad  
baked tomato on a bed of corn, quinoa and green chili  
thai sweet chili tofu with quinoa  
oven roasted garlic chicken thigh with green beans and mushroom stir fry  
beef parmesan stuffed pepper  
spicy lemon garlic shrimp

Thursday - 5th March 2020

chickpea, pepper and bulgur wheat salad  
sweet potato cauliflower and broccoli coconut curry  
basil and avocado green lentil spaghetti  
battered chicken with red pepper sauce  
sweet potato with beef blackbeans enchilada  
lemon caper baked seabass with grilled veggies  
ruby red beetroot salad  
vegetarian meatballs with brown rice  
putanesca pasta  
cajun chicken zucchini skillet  
mexican beef zucchini skillet  
salmon & cauliflower rice stir fry