

Sunday - 9th February 2020

roasted vegetable salad with feta cheese
thai sweet potato stacks with peanut sauce
vegan lasagna with aubergine and zucchini
thyme seasoned bbq chicken breast with baby marrow
beef & portabello mushroom stir fry
shrimp and mushroom risotto
vegetarian caesar salad
vegetarian carbonara lungini
stuffed pepper with brown rice
chicken summer roll
slow cooked balsamic pot roast
salmon steak collard green burritos

Monday - 10th February 2020

beetroot squash and feta salad
mediterranean vegetable chickpea base lasagna
portabello mushroom stir fry with brown rice
thai chicken curry with brown rice
grilled steak with greek corn salad
salmon steak & portabello with avocado chimichurri
italian deli salad
ricotta spinach with green lentil penne pasta
vegan steak patty with mushroom sauce and brown rice
buffalo chicken enchilada
sesame beef stir fry
cod lentil mushroom stew with mash potato

Tuesday - 11th February 2020

teriyaki salmon with veggies
sweet potato carrot coconut curry
stuffed cabbage meat roll
chicken miso soup with green tofu
beef cashew alfredo
tom yum thai soup
chicken layered salad
green lentil shepard's pie with broccoli mash
vegan lasagna
lemon chicken with gazpacho sauce
beef mushroom & leek risotto
queen garlic prawns and asparagus stir fry

Wednesday - 12th February 2020

apple and sprout salad
kale and brown mushroom quinoa with romesco
vegan lasagna with aubergine and zucchini
herb roasted chicken and cherry tomato
sesame beef stir fry with mix veggies
mexican baked fish
baby spinach and tarragon chicken salad
red lentil chili con carne
stuffed pepper with brown rice
chicken parmesan stuffed peppers
beef cashew alfredo
red curry shrimp and cilantro rice

Thursday - 13th February 2020

cucumber, goats cheese and melon salad
collard green burrito
enchiladas potato
balsamic chicken with wild mushroom quinoa
beef oriental pasta
butter-less salmon alfredo with peas
cous cous with cherry tomato and avocado salad
mushroom & leek risotto
vegan yellow zucchini lasagna with basil and sundried tomatoes
hummus crushed chicken with steamed veggies
spicy ginger szechuan beef
lemon caper baked seabass with grilled veggies