

Sunday - 23rd February 2020

goat's cheese and berries salad
sweet potato carrot coconut curry
vegan singapore noodles
plain bbq chicken breast with summer salad
meaty zucchini casserole
crunch and crispy tuna wrap
wild mushroom and sweet potato salad
tomato & vegetable white bean soup
creamy vegan asparagus pasta
sunday roast chicken with brown rice
argentinian beef stir fry with green beans
mix spiced salmon with roasted baby potato

Monday - 24th February 2020

wild mushroom and sweet potato salad with chicken
cauliflower red thai curry with coconut milk and lemon grass
sweet and spicy sriracha tofu
harissa chicken with tabbouleh
crunch and crispy beef wrap
seafood enchiladas
avo and mango quinoa salad
ginger garlic noodle
creamy vegan gluten free penne with wild mushroom
creamy garlic chicken and cauliflower
mongolian beef with brown rice
pad thai salmon spring rolls

Tuesday - 25th February 2020

chicken and veggie pesto salad
fontal polenta with mushroom sauté
mix veggies and mushroom with tarragon stroganoff
rosemary and thyme bbq chicken breast with baby corn and sugar snaps
spicy beef stroganoff with coconut almond milk
cod fillet with oil-free roasted vegetables
southwestern style quinoa salad
aloha chili with mix veggies
mushroom vegan risotto
chicken meatballs with marrow veg mix
beef kebabs with summer salad
tuna steak minestrone

Wednesday - 26th February 2020

asian chicken salad
mushroom and carrot gluten free penne
weeknight chickpea bolognese
butter squash with chicken and white bean soup
mexican beef zucchini skillet with tomato side salad
lemon salmon with gazpacho sauce
harvest cob salad
mexican red lentil cabbage wrap
collard green, and black beans soup
mix spiced chicken with baby corn
teriyaki beef with brown rice
wild salmon veggie bowl

Thursday - 27th February 2020

buddha bowl
kale and brown mushroom quinoa with romesco
vegan lasagna with aubergine and zucchini
chicken tortilla soup
sesame beef stir fry with mix veggies
pan-seared seabass with marinara sauce
mandarin chicken salad
red lentil chili con carne
stuffed pepper with brown rice
marinated chicken with fresh herbs served with mash potato
beef steak with mushroom sauce
poach salmon with piccata sauce and bulgur