



Lunch

WEEK ONE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TERIYAKI CHICKEN SERVED WITH BASMATI RICE & STIR FRY VEGETABLES	HOMEMADE MEATBALLS SERVED WITH SPAGHETTI & TOMATO ONION RELISH, ROASTED MIXED VEGETABLES	THREE CHEESE CHICKEN PASTA BAKE SERVED WITH PEAS & CARROTS	SLOW ROASTED SIRLOIN WITH GRAVY CRISPY ROAST POTATOES BROCCOLI & CAULIFLOWER	CRUMBED HAKE TARTAR SAUCE CHIPS MINTED PEAS
VEGETABLE STIR FRY SERVED WITH BASMATI RICE	SPICY TOMATO PASTA SERVED WITH ROASTED MIXED VEGETABLES	BROCCOLI & MUSHROOM PASTA BAKE SERVED WITH PEAS & CARROTS	VEGETARIAN SCHNITZEL SERVED WITH ROAST POTATOES, BROCCOLI & CAULIFLOWER BAKE	VEGETABLE QUESADILLA
GREEK SALAD	FRENCH SALAD	BUTTERNUT & BEETROOT, FETA SALAD	SAMBAL SALAD	FRESH GARDEN SALAD



Lunch

WEEK TWO



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BUTTER CHICKEN BASMATI RICE GARLIC GREEN BEANS & NAAN BREAD	SPAGHETTI BOLOGNAISE SERVED WITH ROASTED VEGETABLES	MEXICAN SPICED ROAST CHICKEN SERVED WITH ROAST POTATOES, GARLIC ROASTED CARROTS & BROCCOLI	MOROCCAN LAMB MEATBALLS SERVED IN A PITA WITH SLAW & TZATZIKI	SOUTHERN FRIED CHICKEN BURGERS SERVED WITH CHIPS
CAULIFLOWER TIKKA MASALA SERVED WITH BASMATI RICE GARLIC GREEN BEANS & NAAN BREAD	VEGETABLE RAGU SERVED WITH SPAGHETTI & ROASTED VEGETABLES	BUTTERNUT & CHICKPEA CURRY SERVED WITH BASMATI RICE	SPICY ROAST VEGETABLE PITAS SERVED WITH SLAW & TZATZIKI	VEGETARIAN BURGER & CHIPS
TOMATO & CORIANDER SALSA	POTATO SALAD	BABY SPINACH, EGG & CROUTON SALAD	HARVEST SALAD	FRESH FRUIT SALAD

Green indicates the Vegetarian Option served with the same starch, vegetables & salad



Lunch

WEEK THREE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWEET & SOUR CHICKEN SERVED WITH BASMATI RICE & STIR FRY VEGETABLES	HOMEMADE ROSEMARY BEEF & ONION PIE SERVED WITH CREAMY MASH POTATOES & BROCCOLI & CARROTS	APRICOT STICKY CHICKEN SERVED WITH BASMATI RICE & GARLIC GREEN BEANS	TRADITIONAL BEEF LASAGNE SERVED WITH MIXED VEGETABLES	CRUMBED HAKE WITH TARTAR SAUCE CHIPS MINTED PEAS
VEGETARIAN SCHNITZEL SERVED WITH BASMATI RICE & STIR FRY VEGETABLES	HOMEMADE VEGETABLE PIE SERVED WITH CREAMY MASH POTATOES & BROCCOLI & CARROTS	VEGETABLE QUESADILLA & GARLIC GREEN BEANS	VEGETABLE LAYERED LASAGNE SERVED WITH MIXED VEGETABLES	VEGETARIAN SCHNITZEL SERVED WITH CHIPS & MINTED PEAS
CAPRESE SALAD	SLICED SALAD	SAMBALS & TZAZIKI, SHREDDED LETTUCES, DICED TOMATO & RED ONION	BUTTERNUT & BEETROOT, FETA SALAD	CAESAR SALAD



Lunch

WEEK FOUR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEEF ENCHILADAS SERVED WITH CHEDDAR CHEESE & ROAST VEGETABLES	BUTTER CHICKEN BASMATI RICE GARLIC GREEN BEANS & NAAN BREAD	FISH TACOS SERVED WITH SLAW & A SWEET CHILLI MAYO SERVED WITH FRUIT SALAD	MOROCCAN SPICED ROAST CHICKEN, ROAST POTATOES WITH ROAST VEGETABLES	BEEF BURGER WITH CHIPS
ROASTED VEGETABLE ENCHILADAS SERVED WITH ROAST VEGETABLES	CAULIFLOWER TIKKA MASALA SERVED WITH BASMATI RICE GARLIC GREEN BEANS & NAAN BREAD	VEGETABLE QUESADILLA	VEGETABLE STIR FRY SERVED WITH ROAST POTATOES	VEGETARIAN BURGERS WITH CHIPS
HARVEST SALAD	GREEK SALAD	BABY SPINACH, EGG & CROUTON SALAD	SLICED SALAD	FRESH FRUIT SALAD

Green indicates the Vegetarian Option served with the same starch, vegetables & salad