

FRESH SEASONAL
VEGETABLES
AVAILABLE DAILY

YOUR MENU

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hoi Sin vegan meatballs with Egg noodles 	Masala Paneer Chataco with Rice 	Kansas Bean Burger & Garlic & Herb Wedges 	Thai green tofu & Plain Rice 	Tomato & Basil Pasta Sauce 
	Hoi Sin halal chicken with Egg noodles	Tandoori Chicken Wrap with Lemon & Mint Dressing with Rice	Louisiana beef burger Garlic & Herb Wedges	Thai green halal chicken Plain Rice	Beef Bolognese Carbonara Sauce with pasta
	Asian Green Bean & Coconut Salad Crispy chickpeas	Tomato & Onion Salad Indian Style Carrot & Sultana Salad	Corn on Cob Red Cabbage Slaw	Soy Green Beans Asian slaw	Garlic Bread Pizza Panzanella Salad
		 Plant Based (Vegan Friendly)		 Vegetarian	









On the side



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WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Red Thai Tofu Curry with Egg noodles 	Chickpea & Butternut Squash Rogan with Rice 	Teriyaki Vegan Meatballs with Noodles 	Quorn Chilli Burrito & Wedges 	Arrabiata Pasta Sauce 
	Red Thai halal chicken with Egg noodles	Spiced Beef Curry with Rice	Korean BBQ Chicken Meatballs with Noodles	Chilli Beef Con Carne & Rice	Halal Chicken Tuscan Mushroom Sauce with pasta
<i>On the side</i>	Smacked Cucumber	Naan Bread	Zingy Carrot & Courgette	Mexican Corn	Garlic Bread Pizza
	Edamame Beans	Tomato & Onion Salad	Soy Green Beans	Latin American Slaw	Green Salad
	 Plant Based (Vegan Friendly)		 Vegetarian		