



Week 7

Monday

Glazed ham, creamed vegetables, poached vegetables, mustard sauce

VEG: Vegetable omelette with roasted vegetables

Tuesday

Noodles, shrimp, tamarind, vegetables, crushed peanuts

VEG: Glazed silken tofu

Wednesday

Pasta, chicken, pesto, grated cheese

VEG: Baked tomatoes and white beans

Thursday

Schnitzel, fried potatoes, capers, peas, sauce

VEG: Breaded seitan

Friday

Shepherd's pie

VEG: Lentil ragù with plant-based protein