

MONDAY

- Breakfast* • 2 egg omelette with a bowl of fruit of choice
- Lunch* • Sweet Potato and Spinach Frittata with salad
- Dinner* • Lime and Chilli Sweetcorn Fritters with Chips and Salad

TUESDAY

- Breakfast* • 2 boiled eggs and fruit salad
- Lunch* • Sweet Potato and Spinach Frittata with salad
- Dinner* • Butternut Squash and Chickpea Curry with Rice

WEDNESDAY

- Breakfast* • 2 weetabix with fruit and yoghurt
- Lunch* • Spicy Roasted Parsnip & Sweet Potato Soup with Chickpeas and Feta
- Dinner* • Hoisin Edamame and Eggplant with rice

THURSDAY

- Breakfast* • Fried egg with sauteed mushrooms, tomatoes, spinach on toast
- Lunch* • Spicy Roasted Parsnip and Sweet Potato Soup with Chickpeas and Feta
- Dinner* • Roasted Green Bean and Tomato Pasta with mixed salad

FRIDAY

- Breakfast* • Cheerios with fruit and yoghurt
- Lunch* • Pea and Zucchini Soup
- Dinner* • Sweet Potato, Broccoli and Cheddar Patties with Chips and Salad

SATURDAY

- Breakfast* • Crepe Pancakes with fruit
- Lunch* • Pea and Zucchini Soup
- Dinner* • One Pot Creamy Zucchini Pasta

SUNDAY

- Breakfast* • Hash Browns, Eggs, Tomatoes, Mushrooms and Baked Beans
- Lunch* • Cheesy Broccoli Toasts
- Dinner* • Stuffing Bites, Crushed Roast Potatoes, and Rich Onion Gravy