

MONDAY

- Breakfast* • **Breakfast Pitta Pizza** - 452
- Lunch* • **Curried Chicken and Butternut Squash Soup** - 252
- Dinner* • **Cheesy Taco Salsa Spaghetti Bake** - 542

TUESDAY

- Breakfast* • 2 egg bacon omelette with one medium tomato grilled - 327
- Lunch* • **Curried Chicken and Butternut Squash Soup** - 252
- Dinner* • **Beef Nasi Goreng** - 506

WEDNESDAY

- Breakfast* • 2 weetabix with banana, milk & maple syrup- 341
- Lunch* • **Orange Chicken Fried Rice** - 392
- Dinner* • **One Pot Cajun Chicken Alfredo Pasta** - 549

THURSDAY

- Breakfast* • 2 boiled eggs, half a small avocado, 2 tablespoons of salsa - 271
- Lunch* • **Pizza Toasts** with a small mixed salad_- 456
- Dinner* • **Greek Moussaka Meatballs** - 568

FRIDAY

- Breakfast* • **High Protein Cottage Cheese Pancakes** - 383
- Lunch* • **Hearty Vegetable Soup** - 117
- Dinner* • **Chinese Lemon Chicken** and **Egg Fried Rice** - 545

SATURDAY

- Breakfast* • **Breakfast Towers** - 282
- Lunch* • **Hearty Vegetable Soup** - 117
- Dinner* • **Steak with Creamy Peppercorn Sauce** and **Homemade Chips** - 648

SUNDAY

- Breakfast* • **Chocolate French Toast with Strawberry Sauce** - 498
- Lunch* • **Chicken Wild Rice Bowl** - 421
- Dinner* • **Spaghetti and Meatballs** - 517