



Week 6

Commencing by 04.02.2019

Monday

1. Fruit Salad
2. Pasta Salad with Chicken
3. Chicken Saltimbocca, Spinach, Sage, Basil flowers, Potato Mash & Green Beans
4. Strawberry Protein Smoothie
5. Beef Jalfrezi with mixed veg

Tuesday

1. Omelette with Broccoli
2. Fresh Veggies & Spicy chicken salad (Sesame oil, Sesame seeds, Basil, mixed salad veg)
3. Beef Meatballs with light Curry sauce & steamed Rice
4. Green Power protein smoothie
5. Roasted Sea Trout roasted with herb & Garlic butter, served with veg puree & lentils

Wednesday

1. Scrambled eggs & Mini Salad
2. Tuna & Quinoa Salad
3. Chicken stew with root veg, Lentils & Pasta
4. Banana Protein Shake
5. Pulled Pork & Mixed roasted veg

Thursday

1. Protein Boosted Yogurt with Strawberries
2. Chicken Couscous Salad with Peppers, Lentils & fresh Coriander
3. Honey Soy Chicken with sweet potato & Greens
4. Chocolate Peanut protein smoothie
5. Grilled Turkey with roasted mixed veg, fresh thyme

Friday

1. Omelette with Spinach & mini salad
2. Fruit & Nuts
3. Chilli Beef served with Steamed Rice, Fresh Coriander & Broccoli
4. Wild forest fruit protein smoothie
5. Vegan Butternut Squash Stew & Black Beans

Saturday

1. Fruit & Nuts
2. Tuna & Rice Salad
3. Grilled Chicken & Couscous with Peppers, Lentils & fresh Coriander
4. Banana Peach Protein smoothie
5. Oven Roasted Haddock with Broccoli & Roasted Cauliflower mash



Monday	Spinach, Sage, Basil flowers, Potato Mash & Green Beans
Tuesday	Vegan Curry & steamed Rice
Wednesday	Pasta, root veg & Lentils stew
Thursday	Sweet potato with roasted mixed veg, fresh thyme
Friday	Vegan Butternut Squash Stew & Black Bean
Saturday	Broccoli & Roasted Cauliflower mash & Couscous Salad