

WEEKLY MEAL PLAN

29 APRIL - 5 MAY

M

L | BUNLESS BEEF BURGER

D | MISO SALMON & BROWN RICE SALAD

T

L | BEETROOT, FETA & QUINOA SALAD WITH PESTO CHICKEN

D | ROAST VEGETABLES WITH PORK & GRAVY

W

L | CHICKEN POT PIE

D | BEEF KEEMA

T

L | THAI RED CHICKEN CURRY

D | BROWN RICE PILAF WITH MOROCCAN CHICKEN

F

L | CHICKEN PESTO PASTA SALAD

D | TERIYAKI CHICKEN DONBURI BOWL

S

L | QUINOA & ASPARAGUS SALAD WITH FETA & WALNUTS

D | ROAST PORK WITH CLASSIC POTATO SALAD

WEEKLY MEAL PLAN

29 APRIL - 5 MAY

VEGETARIAN MENU

M

- L | BUNLESS FALAFEL BURGER
- D | MISO TOFU & BROWN RICE SALAD

T

- L | BEETROOT, FETA & QUINOA SALAD WITH PESTO CHICKPEAS
- D | ROAST VEGETABLES WITH VEGAN CHICKEN & GRAVY

W

- L | LENTIL POT PIE
- D | POTATO & LENTIL CURRY

T

- L | THAI RED TOFU CURRY
- D | BROWN RICE PILAF WITH MOROCCAN CHICKPEAS

F

- L | PESTO CHICKPEA & PASTA SALAD
- D | TERIYAKI TOFU DONBURI BOWL

S

- L | QUINOA & ASPARAGUS SALAD WITH FETA & WALNUTS
- D | VEGAN CHICKEN WITH CLASSIC POTATO SALAD