

WEEKLY MEAL PLAN

6-12 MAY

M

- L | SALMON, CREAM CHEESE & DILL FRITTATA
- D | CHICKEN & MUSHROOM ALFREDO PASTA BAKE

T

- L | KOREAN BEEF BIBIMBAP
- D | CRUMBED CHICKEN WITH ROAST POTATOES AND SLAW

W

- L | CHICKEN, LEEK & POTATO SOUP
- D | QUINOA TABOULI WITH MEDITERRANEAN CHICKEN

T

- L | HOISIN PORK WITH RICE & ASIAN GREENS
- D | CHICKEN PARMIGIANA WITH MASH & GREENS

F

- L | BANH MI SALAD WITH LEMONGRASS CHICKEN
- D | BEEF & LENTIL CURRY

S

- L | NASI GORENG WITH SATAY CHICKEN
- D | COTTAGE PIE

WEEKLY MEAL PLAN

6-12 MAY

VEGETARIAN MENU

M

- L | PUMPKIN & SUNDRIED TOMATO FRITTATA
- D | LENTIL & MUSHROOM ALFREDO PASTA BAKE

T

- L | KOREAN BIBIMBAP WITH TOFU
- D | CRUMBED TOFU WITH ROAST POTATOES AND SLAW

W

- L | LEEK & POTATO SOUP
- D | QUINOA TABOULI WITH FALAFEL

T

- L | HOISIN TOFU WITH RICE & ASIAN GREENS
- D | EGGPLANT PARMIGIANA WITH MASH & GREENS

F

- L | BANH MI SALAD WITH TOFU
- D | LENTIL CURRY

S

- L | NASI GORENG WITH SATAY TOFU
- D | COTTAGE PIE (V)