

Menu

(week 47)

Monday

Moroccan aubergine salad with quinoa, harissa chickpeas, labneh, crispy wedge salad, sugar peas and baked tomatoes.

Protein: Chickpeas, Labneh

Contains: Milk, Sesame

Tuesday

Bacon and mushroom pasta salad with brussels sprouts, boiled egg, sun dried tomatoes and basil.

Protein: Bacon, Egg

Contains: Wheat, Egg

Wednesday

Peanut chicken salad with rice, mango, mint, edamame, cucumber, red cabbage and toasted peanuts.

Protein: Chicken, Edamame, Peanuts

Contains: Peanuts, Soy

Thursday

Spinach frittata with feta cheese and cherry tomatoes, baked veggies, salad, focaccia and aioli.

Protein: Egg, Feta cheese

Contains: Egg, Milk, Wheat, Mustard

Friday

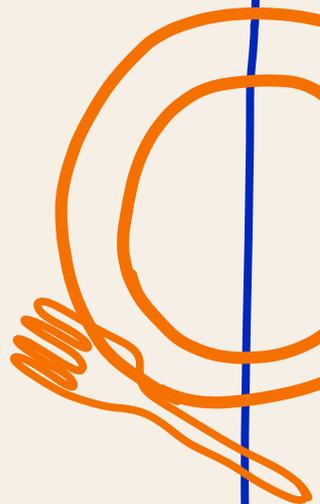
Pulled pork wrap with creamy coleslaw, asian bbq sauce, pickled onion, coriander, greens, roasted red peppers and quinoa.

Protein: Pork

Contains: Wheat, Mustard

Sandwich of the week

Bacon omelette sandwich with aioli, tomato and basil.



Plato.

Menu vegan

(week 47)

Monday

Moroccan aubergine salad with quinoa, harissa chickpeas, labneh, crispy wedge salad, sugar peas and baked tomatoes.

*Protein: Chickpeas, Labneh
Contains: Sesame*

Tuesday

Mushroom pasta salad with brussels sprouts, scrambled tofu, sun dried tomatoes and basil.

*Protein: Tofu
Contains: Wheat, Soy*

Wednesday

Peanut roasted tofu salad with rice, mango, mint, edamame, cucumber, red cabbage and toasted peanuts.

*Protein: Tofu, Edamame, Peanuts
Contains: Peanuts, Soy*

Thursday

Spinach vegan omelette with vegan cheese and cherry tomatoes, baked veggies, salad, focaccia and aioli.

*Protein: Egg, Vegan Cheese
Contains: Wheat, Mustard*

Friday

Sweet potato and beans wrap with creamy coleslaw, asian bbq sauce, pickled onion, coriander, greens, roasted red peppers and quinoa.

*Protein: Beans
Contains: Wheat, Mustard*

Sandwich of the week

Aubergine and hummus sandwich with vegan feta and pickled onions.

Plato.