

# 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.