

Menu

(week 7)

Monday

Lentil salad with tahini dressing, cranberries and parsley. Grilled pulled pork, fresh cucumbers and baked broccoli

*Protein: Pulled pork, Lentils
Contains: Sesame, Celery*

Tuesday

Bacon and cheddar frittata, cream cheese spread with tarragon, salad and focaccia

*Protein: Frittata, Cream cheese
Contains: Milk, Egg, Wheat*

Wednesday

Roasted beet, carrot and Brie salad, honey-mustard dressing, walnuts, quinoa, greens and croutons

*Protein: Brie, Walnuts, Quinoa
Contains: Milk, Mustard, Walnuts, Wheat*

Thursday

Rice noodle salad, scampi, avocado, mint, pickled veggies, edamame and peanuts

*Protein: Scampi, Edamame, Peanuts
Contains: Shellfish, Soy, Peanuts*

Friday

Black bean, tomato, pepper and coriander salad. Roasted chicken, sweet potato and chipotle dressing

*Protein: Black beans, Chicken
Contains: Celery*

Sandwich of the week

Focaccia sandwich with chicken, roasted beetroot, romaine lettuce, cucumber and mustard dressing

Contains: Mustard, Wheat



Plato.

Menu vegan

(week 7)

Monday

Lentil salad with tahini dressing, cranberries and parsley. Crispy tofu, fresh cucumbers and baked broccoli

*Protein: Tofu, Lentils
Contains: Sesame, Celery, Soy*

Tuesday

Vegan potato tortilla, crispy chickpeas, oat cream cheese spread with tarragon, salad and focaccia

*Protein: Cream cheese, chickpeas
Contains: Wheat*

Wednesday

Roasted beet and carrot, agave- mustard dressing, walnuts, quinoa, greens and croutons

*Protein: Walnuts, Quinoa
Contains: Mustard, Walnuts, Wheat*

Thursday

Rice noodle salad, tofu, avocado, mint, pickled veggies, edamame and peanuts

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

Friday

Black bean, tomato, pepper and coriander salad, sweet potato and chipotle dressing

*Protein: Black beans
Contains: Celery*

Sandwich of the week

Focaccia sandwich with smoky tofu, roasted beetroot, romaine lettuce, cucumber and mustard dressing

Contains: Soy, Wheat, Mustard

Plato.