

WEEK 1

MORNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	date & muesli muffin + carrot sticks	cheese sandwich + fresh fruit	scratch made granola + blueberry yogurt	beetroot french toast	baked chicken milanese + mashed potato + scratch made 'ketchup' + banana baked veggie nuggets + mashed potato + scratch made 'ketchup' + banana
LUNCH					
MAIN	spinach pasta bake	baked chicken in saffron rice + yogurt	beef lasagna	cajun chicken pasta	
VEGETARIAN	N/A	veg biryani + yogurt	butternut squash, spinach & scratch made cottage cheese lasagna	chunky tomato pasta	
SALAD	cucumber & melon salad	roasted pumpkin moons	steamed broccoli, carrot & green beans	quinoa tomato salad	

WEEK 2

MORNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	banana chocolate chip muffin + carrot sticks	labneh sandwich + fresh fruit	scratch made granola + apple & apricot yogurt	sweet potato pancake + fresh fruit	baked chicken meatballs in tomato sauce + mashed potato + carrot confetti cookie baked veggie 'meat'balls in tomato sauce + mashed potato + carrot confetti cookie
LUNCH					
MAIN	powerpacked pizza	butter chicken in mixed root veg sauce + steamed rice	tex mex beef pasta	baked chicken in saffron rice + yogurt	
VEGETARIAN	N/A	butter paneer in mixed root veg sauce + steamed rice	tex mex veggie pasta	veg biryani + yogurt	
SALAD	steamed broccoli, green beans & carrots	cucumber & melon salad	steamed corn & peas	cauliflower gratin	

WEEK 3

MORNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	wholewheat croissant + fresh fruit	scratch made granola + honey yogurt	oat flapjack + organic milk	carrot eggy bread + fresh fruit	powerpacked pizza + blueberry banana bread + cucumber crudites
LUNCH					
MAIN	creamy tomato pasta	chicken paella	pumpkin marinara pasta	sweet & sour chicken with pineapple & bell pepper + brown rice	
VEGETARIAN	N/A	veggie paella	N/A	sweet & sour tofu with pineapple & bell pepper + brown rice	
SALAD	garlic butter broccoli	tossed salad in yogurt dressing	steamed peas & carrots	corn & black bean salad	