

MEALS of the WEEK

MONDAY, 27th July

- Cosy beef stew, caramelised onion and sweet potato puree (gf)(df)(halal)
- Korean kimchi fried noodles (vegan)(df)(halal)

TUESDAY, 28th July

- Stir fried crispy pork with citrus sauce and served with rice (gf)(df)
- Roasted vegetable ratatouille served with Mediterranean rice (vegan)(gf)(df)(halal)

WEDNESDAY, 29th July

- Chicken chipolatas with rich onion gravy and creamy mash (gf)(halal)
- Wild mushroom & white bean cassoulet, gluten free pasta (vegan)(gf)(df)(halal)

THURSDAY, 30th July

- Korean glazed beef mince with seasonal vegetables & steamed rice (gf)(df)(halal)
- Tom Yum fried rice (vegan)(gf)(df)(halal)

FRIDAY, 31st July

- Sautéed lemongrass chicken, vegetables, steamed rice & peanuts (gf)(df)(halal)
- Chilli con veggie, black beans, guacamole, brown rice & corn salsa (vegan)(gf)(df)(halal)

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PER PERSON

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