SUMMER HOLIDAY MENU

NOURISH TO FLOURISH

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	MAIN MENU	Spaghetti with Vegetables	Veg. Tomato basil pasta	Veg Biryani	Veg Shepard's Pie	Mac & Cheese
	DAIRYFREE & GLUTENFREE	Veg Biryani	Kidney Beans Curry with Rice	Veg Biryani	Peas Potato curry with Rice	Tofu curry with Rice
WEEK 2	MAIN MENU	Broccoli, Pepper & Sweet Corn Fusilli Pasta	Veg Augratin	Pesto pasta Spaghetti	Peas Potato curry with Rice	Mac & Cheese
	DAIRYFREE & GLUTENFREE	Veg Biryani	Kidney Beans Curry with Rice	Veg Biryani	Peas Potato curry with Rice	Tofu curry with Rice
WEEK 3 & 6	MAIN MENU	Pesto pasta fusilli	Vegetable Lasagne	Veg Biryani	Tomato basil Penne Pasta	Jacket potato with Baked Beans, Cheese
	DAIRYFREE & GLUTENFREE	Peas Potato curry with Rice	Kidney Beans Curry with Rice	Veg Biryani	Tofu Curry with Rice	Veg Biriyani
WEEK 4	MAIN MENU	Spaghetti with Vegetables	Tomato basil Penne Pasta	Veg Biryani	Veg Shepard's Pie	Mac and Cheese
	DAIRYFREE & GLUTENFREE	Kidney Beans Curry with Rice	Tofu Curry with Rice	Veg Biryani	Peas Potato curry with Rice	Veg Biryani
WEEK 5	MAIN MENU	Broccoli, Pepper & Sweet Corn Fusilli Pasta	Veg Augratin	Pesto pasta Spaghetti	Peas Potato curry with Rice	Mac and Cheese
	DAIRYFREE & GLUTENFREE	Kidney Beans Curry with Rice	Tofu Curry with Rice	Veg Biriyani	Peas Potato curry with Rice	Veg Biriyani

Allergy Information– Dairy Free & Gluten free meals have been provided as above. Servers are advised to check the ingredients sheet before serving the meals. We use a large variety of ingredients in our meals, and due to the nature of our kitchen, it is not possible to remove the risk of cross contamination.