



## WEEK 1

	SUNDAY	INGREDIENTS	CALORIES PER 100G	MONDAY	INGREDIENTS	CALORIES PER 100G	TUESDAY	INGREDIENTS	CALORIES PER 100G	WEDNESDAY	INGREDIENTS	CALORIES PER 100G	THURSDAY	INGREDIENTS	CALORIES PER 100G
<b>PROTEIN 1</b>	Beef Bourguignon With Sweet Corn & Mashed Potatoes	Beef Cubes, Onion, Garlic, Celery, Shallots, Mushrooms, Demi Glace, Salt. Potato, Milk, Butter, Salt.	Beef Bourguignon = 178kcal, Mashed Potatoes = 128kcal	Indian Chicken Curry With Steamed Rice	Chicken Breast Cubes, Onion, Garlic, Ginger, Indian Spices, Yoghurt, Tomatoes And Cilantro	Indian Chicken Curry = 167kcal, Steamed Rice = 130kcal	Roast Beef With Mashed Potatoes And Vegetables	Beef Fillet, Dijon Mustard, Demi Glace, Salt, Pepper. Vegetables. Potato, Milk, Butter, Salt, Pepper.	Roast Beef = 178kcal, Mashed Potatoes = 128kcal	Beef Meat Balls In Gravy With Steamed Rice	Beef Minced, Onion Garlic, Demi Glace, Butter, Cooking Cream, Oil, Salt	Beef Meat Balls In Gravy = 92kcal, Steamed Rice = 130kcal	Bbq Chicken Thighs With Baked Potaotes And Vegetables	Chicken, Bbq Sauce, Tomato Ketchup, Onion, Salt, Pepper	167kcal
<b>PROTEIN 2</b>	Butter Chicken With Steamed Rice	Chicken Breast Cubes, Onion, Tomatoes, Garlic, Ginger, Indian Spices, And Cooking Cream	Butter Chicken = 167kcal, Steamed Rice = 130kcal	Lasagne Bolognaise With Steamed Vegetables	Lean Beef Mince, Olive Oil, Garlic, Pasta Sheets, Mozzarella Cheese	153kcal	Chicken Biryani With Raita	Chicken Leg Cubes, Basmati Rice, Onion, Garlic, Ginger, Indian Spices, Yoghurt, Cilantro,	139kcal	Arabic Roast Chicken With White Rice And Vegetables	Chicken Breast, Arabic Spice Powder, Garlic Powder, Tomato Paste, Olive Oil, Salt & Pepper	Arabic Roast Chicken = 167kcal, White Rice = 130kcal	Lamb Rogan Josh With Pilaf Rice And Vegetables	Lamb Cubes, Yoghurt, Red Chillies, Red Onion, Ginger, Garlic, Whole Spices, Turmeric, Cumin, Potatoes. Rice, Vegetables.	Lamb Rogan Josh = 193kcal, Pilaf Rice = 132kcal
<b>VEG MAIN MEAL</b>	Macaroni & Cheese	Pasta, Onion, Garlic, Cooking Cream, Cheese, Butter, Flour	162kcal	Beans & Veggie Pie	Garbanzo Beans, French Beans, Carrots, Sweet Potato, Cauliflower, Broccoli, Cooking Cream, Butter, Flour, Cheese, Onion & Garlic	180kcal	Roasted Veggie Fajitas	Bell Peppers, Onions, Baby Marrow, Sweet Corn Kernels, Fajita Spices, Cumin, Tortilla, Sour Cream, Tomato Salsa, Cheese Sauce	143kcal	Paneer Butter Masala With Steamed Rice	Cottage Cubes, Onion, Tomatoes, Garlic, Ginger, Indian Spices, And Cooking Cream	Paneer Butter Masala = 194kcal, Steamed Rice = 130kcal	Cheesy Vegetable Bake	Grilled Cauliflower, Mushroom, Zucchini, French Beans, Carrots, Broccoli, Turnips, Celery Root, Onion, Olive Oil, White Sauce, Cooking Cream, Shredded Mozzarella	107kcal

<b>DAILY SPECIALS</b>	Omelete	Quesadillas (Chicken, cheese and nacho sauce)	Shawarma	Crepe	Meat Ball Sub
-----------------------	---------	---	----------	-------	---------------

Low Fat Dairy products Are used in the food preparation.
Lean Meat is used in food preparation.
Nut Free Food.



## WEEK 2

	SUNDAY	INGREDIENTS	CALORIES PER 100G	MONDAY	INGREDIENTS	CALORIES PER 100G	TUESDAY	INGREDIENTS	CALORIES PER 100G	WEDNESDAY	INGREDIENTS	CALORIES PER 100G	THURSDAY	INGREDIENTS	CALORIES PER 100G
<b>PROTEIN 1</b>	Sweet & Sour Fish With Steamed Rice	Fish Cubes, Green Pepper, Pineapple, Tomato Ketchup, Sweet & Sour Sauce	Sweet & Sour Fish = 121kcal, Steamed Rice = 130kcal	Beef Meat Balls In Tomato Sauce With Pasta	Beef Minced, Onion, Garlic, Basil, Tomato Sauce, Cheddar Cheese, Olive Oil	Beef Meat Balls In Tomato Sauce = 92kcal, Pasta = 131kcal	Roast Turkey Breast With Cranberry Sauce And Mashed Potatoes	Turkey Breast, Oil, Rosemary, Black Pepper. Potato, Milk, Butter, Salt, Pepper.	Roast Turkey Breast = 129kcal And Mashed Potato = 128kcal	Breaded Baked Fish Fillet, Tartar Sauce And Buttered Carrots And Broccoli	White Fish Fillet, Olive Oil, Fresh Basil, Tomato Sauce, Salt, Pepper	89kcal	Chili Con Carne With Steamed Vegetables	Beef Minced, Onion, Garlic, Tomato Paste, Corn, Red Kidney Beans, Paprika, Demi Glace	115kcal
<b>PROTEIN 2</b>	Roast Lamb Leg In Gravy And Mashed Potato	Lamb Leg, Onion, Garlic, Rosemary, Olive Oil, Demi Glace	Roast Lamb Leg In Gravy = 234kcal, Mashed Potato = 128kcal	Lemon Parsely Fish Cakes With Steamed Vegetables & Pasta	Fish, Scallions, Dijon Mustard, Bread Crumbs, Parsely, Pan Fried With Tartar Sauce	90kcal	Wok Beef With Vegetables With Steamed Rice	Sliced Beef, Peppers, Onions, Garlic, Ginger, Sunflower Oil, Mushroom, Carrot, Hoisin Sauce	Wok Beef With Vegetables = 178kcal, Steamed Rice = 130kcal	Lamb Navarin Stew With Steamed White Rice	Lamb Cubes, Carrot, Onion, Garlic, Turnip, Potato, Peas, Demi Glace, Parsley	Lamb Navarin Stew = 133kcal, Steamed White Rice = 130kcal	Tandoori Chicken Tikka Masala With White Rice	Chicken Breast, Ginger, Garlic, Green Chilies, Oil, Turmeric Powder, Yoghurt, Cooking Cream	Tandoori Chicken Tikka Masala = 167kcal, White Rice = 130kcal
<b>VEG MAIN MEAL</b>	Vegetable Noodles	Egg Noodles, Garlic, Red Onions, French Beans, Carrots, Spring Onions, Peppers, Soy Sauce, Salt, Pepper	82kcal	Tofu And Vegetable Casserole	Tofu, Onion, Garlic, Basil, Oregano, Olive Oil, Carrot, Courgettes, Parmesan Cheese,	61kcal	Cauliflower & Broccoli Polonaise	Cauliflower, Broccoli, Onion, Garlic, Cream, Salt Pepper, Parmesan Cheese, White Bread Crumbs, Baked	73kcal	Paneer Butter With Steamed White Rice	Indian Cottage Cheese, Onion, Garlic, Red Chili Powder, Whole Spices, Cooking Cream, Coriander, Butter, Salt	Paneer Butter = 194kcal, Steamed White Rice = 130kcal	Vegetable Soft Tacos	Corn, Zuchini, Black Beans, Onions, Tortilla, Sour Cream, Salsa, Cheese	120kcal

<b>DAILY SPECIALS</b>	Omelete	Quesadillas (Chicken, cheese and nacho sauce)	Shawarma	Crepe	Meat Ball Sub
-----------------------	---------	---	----------	-------	---------------

Low Fat Dairy products Are used in the food preparation.

Lean Meat is used in food preparation.

Nut Free Food.



### WEEK 3

	SUNDAY	INGREDIENTS	CALORIES PER 100G	MONDAY	INGREDIENTS	CALORIES PER 100G	TUESDAY	INGREDIENTS	CALORIES PER 100G	WEDNESDAY	INGREDIENTS	CALORIES PER 100G	THURSDAY	INGREDIENTS	CALORIES PER 100G
<b>PROTEIN 1</b>	Beef Stroganoff With White Rice & Vegetables	Beef, Onion, Garlic, Green Pepper, Mushroom, Demi Glace, Sour Cream, Salt, Pepper	Beef Stroganoff = 190kcal, White Rice = 130kcal	Crumb Baked Fish Fingers, Tartar Sauce And Mashed Potatoes	White Fish Fillet, Olive Oil, Tomato Puree, Oregano, Celery, Leeks, Onion, Garlic, Salt, Pepper.	Crumb Baked Fish Fingers = 89kcal, Mashed Potatoes = 128kcal	Roast Beef In Mushroom Sauce With Pilaf Rice	Beef Fillet, Garlic, Rosemary, Olive Oil, Demi Glace, Salt, Pepper.	Roast Beef In Mushroom Sauce = 178kcal, Pilaf Rice = 132kcal	Roast Chicken Teriyaki With Mashed Potatoes And Steamed Rice	Chicken Thighs, Ginger, Garlic, Black Pepper, Soy Sauce, Teriyaki Sauce, Corn Starch	Roast Chicken Teriyaki = 167kcal, Mashed Potato = 128kcal, Steamed White Rice	Lamb Stew With Steamed Rice	Lamb Cubes, Carrot, Onion, Garlic, Turnip, Potato, Peas, Demi Glace, Parsley	Lamb Stew = 133kcal, Steamed Rice = 130kcal
<b>PROTEIN 2</b>	Chicken Biryani And Raita	Chicken, Rice, Onion, Garlic, Ginger, Tomato, Green Chilies, Whole Spice, Ghee, Yoghurt, Red Chili Powder, Cumin, Oil, Cilantro	139kcal	Lamb Hot Pot Casserole And White Rice	Lamb Cubes, Onion, Garlic, Celery, Leeks, Tomato Paste, Demi Glace, Potato	Lamb Hot Pot Casserole = 133kcal, White Rice = 130kcal	Butter Chicken With White Rice	Chicken Breast, Tomato Sauce, Garlic, Garam Masala, Tandoori Masala, Cooking Cream, Butter, Salt	Butter Chicken = 167kcal, White Rice = 130kcal	Fish Sayadieh With Sayadieh Rice	Fish, Lime Juice, Cumin, Coriander, Garlic, Onion, Rice, Cardamom, Paprika	89kcal	Wok Chicken With Vegetables With Steamed Rice	Chicken, Green Bell Pepper, Broccoli, Carrot, Snap Peas, Soy Sauce, Corn Starch, Salt And Pepper.	Wok Chicken With Vegetables = 167kcal, Steamed Rice = 130kcal
<b>VEG MAIN MEAL</b>	Tomato, Mozzarella & Spaghetti Bake	Spaghetti, Onion, Garlic, Tomatoes, Basil, Olive Oil, Mozzarella And Parmesan Cheese, Thyme	162kcal	Mushrooms And Spinach Bake	Button Mushrooms, Spinach, Onion, Garlic, Thyme, Bay Leaves, Flour, Butter, Cream, Mozzarella And Parmesan Cheese	93kcal	Black Bean Enchiladas	Tortilla, Black Beans, Onion, Garlic, Cilantro, Cumin, Coriander Powder, Oregano, Cooking Cream, Cheese, Tomato Sauce With Cayenne Pepper	143kcal	Vegetable Noodles	Egg Noodles, Garlic, Red Onions, French Beans, Carrots, Spring Onions, Peppers, Soy Sauce, Salt, Pepper	82kcal	Paneer Makhani With Steamed Rice	Indian Cottage Cheese Cubes, Onion, Tomatoes, Garlic, Ginger, Indian Spices, And Cooking Cream, Salt	Paneer Makhani = 194kcal, Steamed Rice = 130kcal

#### DAILY SPECIALS

Omelete

Quesadillas (Chicken, cheese and nacho sauce)

Chicken Shawarma

Crepe

Meat Ball Sub

Low Fat Dairy products Are used in the food preparation.

Lean Meat is used in food preparation.

Nut Free Food.



## WEEK 4

	SUNDAY	INGREDIENTS	CALORIES PER 100G	MONDAY	INGREDIENTS	CALORIES PER 100G	TUESDAY	INGREDIENTS	CALORIES PER 100G	WEDNESDAY	INGREDIENTS	CALORIES PER 100G	THURSDAY	INGREDIENTS	CALORIES PER 100G
<b>PROTEIN 1</b>	Roast Turkey Breast With Roast Potatoes & Gravy	Turkey Breast, Oil, Rosemary, Black Pepper	Roast Turkey Breast = 135kcal	Beef Ragout With Steamed Rice And Boiled Vegetables	Beef Cubes, Garlic, Thyme, Bay Leaves, Flour, French Beans, Turnips, Baby Carrots, Stock,	Beef Ragout = 133kcal, Steamed Rice = 130kcal	Roast Chicken Thighs With Gravy Sauce And Mashed Potatoes	Chicken Thigh, Salt, Pepper, Oil, Mustard, Rosemary	Roast Chicken Thighs With Gravy = 167kcal, Mashed Potatoes = 128kcal	Roast Leg Of Lamb, Gravy And Mashed Potatoes	White Fish Fillet, Olive Oil, Fresh Basil, Tomato Sauce, Salt, Pepper	Roast Lamb Leg In Gravy = 234kcal And Mashed Potatoes = 128kcal	Chili Con Carne With Steamed Vegetables	Beef Minced, Onion, Garlic, Tomato Paste, Corn, Red Kidney Beans, Paprika, Demi Glace	115kcal
<b>PROTEIN 2</b>	Lamb Navarin Stew With White Rice	Lamb Cubes, Garlic, Thyme, Bay Leaves, Flour, French Beans, Potatoes, Baby Carrots, Stock,	Lamb Navarin Stew = 133kcal, White Rice = 130kcal	Chicken Biryani With Raita	Chicken Leg Cubes, Basmati Rice, Onion, Garlic, Ginger, Indian Spices, Yoghurt, Herbs	139kcal	Wok Beef With Vegetables With Steamed Rice	Sliced Beef, Peppers, Onions, Garlic, Ginger, Sunflower Oil, Mushroom, Carrot, Hoisin Sauce	Wok Beef With Vegetables = 178kcal, Steamed Rice = 130kcal	Sweet N Sour Chicken With Steamed Rice	Chicken Breast Cubes, Corn Starch, Oil, Pepper, Egg, Pineapple, Peppers, Spring Onions, Tomato Ketchup, Vinegar	Sweet N Sour Chicken = 167kcal, Steamed Rice = 130kcal	Tandoori Chicken Tikka Masala With White Rice	Chicken Breast, Ginger, Garlic, Green Chilies, Oil, Turmeric Powder, Yoghurt, Cooking Cream	167kcal
<b>VEG MAIN MEAL</b>	Vegetable Enchiladas	Tortilla, Black Bean, Courgettes, Peppers, Beans, Carrots, Onion, Garlic, Cilantro, Cumin, Coriander Powder, Oregano, Cream, Cheese, Tomato Sauce With Cayenne Pepper	143kcal	Cheese And Broccoli Bake	Broccoli, Onion, Garlic, Thyme, Bay Leaves, Flour, Butter, Cream, Pasta, Mozarella And Parmesan Cheese	101kcal	Paneer Butter With White Rice	Indian Cottage Cheese, Onion, Garlic, Red Chili Powder, Whole Spices, Cooking Cream, Coriander, Butter, Salt	Paneer Butter = 194kcal, White Rice = 130kcal	Vegetable Noodles	Egg Noodles, Garlic, Red Onions, French Beans, Carrots, Spring Onions, Peppers, Soy Sauce, Salt, Pepper,	82kcal	Creamy Mushroom And Spinach Pasta Bake	Button Mushrooms, Spinach, Onion, Garlic, Thyme, Bay Leaves, Flour, Butter, Cooking Cream, Pasta, Mozzarella Cheese	162kcal
<b>DAILY SPECIALS</b>	Omelete			Quesadillas (Chicken, cheese and nacho sauce)			Shawarma			Crepe			Meat Ball Sub		

Low Fat Dairy products Are used in the food preparation.

Lean Meat is used in food preparation.

Nut Free Food.