

		Protein 1	Protein 2	Carbohydrates	Vegetarian
SUN		<u>Braised Beef In Prunes Sauce</u>	<u>Roasted Fish With Gravy Tomato & Lemon Quinoa</u>	<u>Basmati Rice</u>	<u>Baked Pumpkin Gratin</u>
	Ingredients	Beef, Carrot, Onion, Celery, Prunes, Garlic, Demi Glace.	Fish Dory, Onion, Tomato Sauce, Pepper, Capsicum, Quinoa, Lemon Zest	Rice And Salt	Pumpkin, Cooked Rice, Milk, Cooking Cream, Salt & Pepper
	Cal per 100g	178Kcal	97Kcal	130kcal	101Kcal
MON		<u>Cajun Roast Chicken With Veges</u>	<u>Grilled Fish With Lemon</u>	<u>Roasted Potato Wedges</u>	<u>Kidney Beans & Rice</u>
	Ingredients	Chicken Breast, Cajun Spice, Cauliflower, Carrot, Marrow, Salt, Pepper, Olive Oil.	Dory Fish, Salt, Pepper, Parsley, Lemon Wedges	Potato, Oil, Pepper, Salt.	Kidney Beans, Onion, Tomato Paste, Ginger, Garlic, Coriander, Cumin, Tomato Sauce, Garam Masala, Coriander Leaves.
	Cal per 100g	167Kcal	89kcal	149kcal	Kidney beans = 80kcal, steamed rice = 130kcal
TUE		<u>Grilled fish on red Christmas sauce</u>	<u>Lamb Shepherd's Pie With Cheddar And Mashed Potatoes</u>	<u>Quinoa with fresh herbs</u>	<u>Vegetable Struddle</u>
	Ingredients	Dory Fish, Salt, Pepper, Cooking Cream, Tomato Sauce, Dry Oregano.	Lamb Cube, Onion, Carrot Cubes, Peas, Corn, Salt, Pepper, Mashed Potatoes, Grated Cheese	Quinoa, Salt, Pepper, Coriander Leaves	Puff Pastry; Flour, Milk, Butter, Salt, Eggplant, Marrow, Capsicum, Onion, Garlic, Tomato Diced, Rosemary, Basil, Olive Oil, Egg Yolk.
	Cal per 100g	89Kcal	197Kcal	120kcal	220kcal
WED		<u>Beef Goulash & Carrots</u>	<u>Baked Fish, Orange-Lemon Butter Sauce</u>	<u>Basmati Rice</u>	<u>Cauliflower, Apple & Mashed Sweet Potato</u>
	Ingredients	Beef Cube, Carrot, Mushroom, Demi Glace, Carrot, Celery, Leeks, Tomato Paste, Salt & Pepper	Dory Fish, Salt, Pepper, Olive Oil, Lemon Zest, Orange Juice, Butter, Cooking Cream	Rice And Salt	Cauliflower, Apple, Sweet Potato, Salt, Pepper
	Cal per 100g	133kcal	89Kcal	130kcal	79Kcal
THU		<u>Beef & Kidney Beans Pudding</u>	<u>Chicken Milanese With Spaghetti</u>	<u>Basmati Rice</u>	<u>Kidney Beans</u>
	Ingredients	Beef Cube, Kidney Beans, Rosemary, Carrot, Onion, Garlic, Demi Glace, Tomato Puree. Pudding Dough: Flour, Butter, Eggs	Chicken Breast Julienne, Spaghetti, Tomato Sauce, Basil Leaves, Garlic, Lemon Wedges, Pepper	Rice And Salt	Kidney Beans, Onion, Tomato Paste, Ginger, Garlic, Coriander, Cumin, Tomato Sauce, Garam Masala, Coriander Leaves
	Cal per 100g	180kcal	148Kcal	130kcal	80kcal

- Serving size : Protein = 125g, Vegetarian = 150g, Carbohydrates = 120g to 150g.
- Low Fat Dairy Products Are Used In The Food Preparation.
- Lean Meat Is Used In The Food Preparation.

		Protein 1	Protein 2	Carbohydrates	Vegetarian
SUN		<u>Keralan Fish Curry</u>	<u>Shish Tawook & Grilled Vegetables</u>	<u>Basmati Rice</u>	<u>Pasta Frittata</u>
	Ingredients	Garlic, Ginger, Dory Fish, Turmeric, Coconut Milk, Tomato Sauce, Fresh Coriander	Chicken Cubes, Yoghurt, Lemon Juice, Tomato Paste, Garlic, Cinnamon, Arabic Spice, Cardamom, Onion, Oil, Salt, Pepper.	Rice And Salt	Penne Pasta, Tomato Sauce, Parmesan Cheese, Eggs, Salt, Pepper
	Cal per 100g	89Kcal	167kcal	130kcal	142Kcal
MON		<u>Baked Fish Arrabbiata sauce</u>	<u>Roasted Turkey Breast</u>	<u>Mashed Potatoes</u>	<u>Greek Baked Vegetables</u>
	Ingredients	Dory Fish, Olive Oil, Tomato Sauce, Julienne Capsicum, Garlic, Pepper, Salt.	Turkey Breast, Salt & Pepper, Sunflower Oil, Demi Glace Sauce.	Potato, Milk, Butter, Salt, Pepper	Potato, Eggplant, Onion, Garlic, Tomato Sliced, Oregano, Olive Oil, Salt, Pepper, Feta Cheese.
	Cal per 100g	89kcal	129Kcal	128Kcal	107Kcal
TUE		<u>Grilled Fish "Pave" & Minty Smashed Peas</u>	<u>Beef Stew With Vegetables</u>	<u>Basmati Rice</u>	<u>Kidney Beans & Rice</u>
	Ingredients	Dory Fish, Peas, Mashed Potato, Milk, Fresh Mint Leaves, Butter, Oil, Pepper, Salt.	Beef, Carrot, Celery, Corn On Cob, Potatoes, Onion, Garlic, Dry Oregano, Salt & Pepper	Rice And Salt	Kidney Beans, Onion, Tomato Paste, Ginger, Garlic, Coriander, Cumin, Tomato Sauce, Garam Masala, Coriander Leaves.
	Cal per 100g	89kcal	133kcal	130kcal	Kidney Beans = 80Kcal & Rice = 130 Kcal
WED		<u>Lamb & Chickpea Curry</u>	<u>Baked Fish And Potato Al Forno</u>		<u>Vegetable Kebab</u>
	Ingredients	Lamb, Chickpea, Turmeric, Onion, Garlic, Ginger, Cumin Powder, Cardamom, Cinnamon.	Dory Fish, Sliced Potatoes, Onion, Parsley, Vegetable Stock, Salt & Pepper, Olive Oil.		Eggplant, Marrow, Capsicum, Onion, Arabic Spice, Olive Oil, Fresh Coriander Leaves
	Cal per 100g	129Kcal	90kcal		68Kcal
THU		<u>Roast Beef With Mushroom</u>	<u>Oven Baked Chicken Honey Jus</u>	<u>Roasted Potato Wedges</u>	<u>Kidney Beans & Rice</u>
	Ingredients	Beef Tenderloin, Mushroom, Demi Glace, Salt & Pepper.	Chicken Breast, Honey, Garlic, White Vinegar, Demi Glace, Salt, Pepper.	Potato, Oil, Pepper, Salt.	Kidney Beans, Onion, Tomato Paste, Ginger, Garlic, Coriander, Cumin, Tomato Sauce, Garam Masala, Coriander Leaf.
	Cal per 100g	178Kcal	167kcal	149kcal	Kidney Beans = 80Kcal & Rice = 130 Kcal

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