

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Blueberry Almond Overnight Oats(o)	Carrot Cake Oats (n,o,d)	Mocha Espresso Overnight Oats(o)	Strawberry-Vanilla Oats (o)	Choco Hazelnut Oat (n,o)
Dairy free apple bircher muesli (n) [vg]	Dairy free apple bircher muesli (n) [vg]	Dairy free apple bircher muesli (n) [vg]	Dairy free apple bircher muesli (n) [vg]	Dairy free apple bircher muesli (n) [vg]
Soya meat breakfast Burrito (sy)[vg]	Breakfast bean burrito with avocado, tomato salsa (g)	Green Lentil & Coriander Pancake with tomato chutney[vg]	Mixed greens & chili egg bake	Pumpkin, capsium & kale fritatta
Butter Chickpeas, Vegetable Rice (d,n)	Veggie Keema Curry, Green Pea Pulao	Mughlai Vegetables & Chickpea curry, Biryani Rice (n)	Seitan, Sweet Potato & Coconut Curry	Pineapple & Coconut Curry with Tofu (sy)
Italian Lentil Bolognese With Penne Pasta (g)	Blackbeans & Quinoa Meatalls With Roasted Peppers & Tomato Sauce, Penne Pasta (g,d,e)	Chinese Tofu & Vegetable Stirfry (sy)	Tofu Ragu, Fettuccini (sy,d,g)	Basil Orzo Pasta With Chickpea In Caper Sauce (g)
Quinoa tabbouleh bowl, cucumber, kale, parsley, pumpkin	Wild rice buddha bowl, tofu, edamame, carrot, cabbage, sesame seeds, ginger dressing (sy,ss)	Greek barley bowl, barley, cucumber, green pepper, pickled onion, feta, potato, herby egg muffins (e,g,d)	Lentil-Quinoa powerbowl, kale, beets, walnut, raisin, honey-mustard halloumi, tahini drizzle (d,m,n,ss)	Mixed bean donburi bowl, white rice, japanese egg salad, radish, carrot pickle, sugar snap, ginger-nori dressing (sy,e,f)
Sweet Potato & Vegan Kimchi Wrap With Asian Salad (g)	Middle Eastern Falafel Wrap, Pickles, Lettuce, Cabbage, Tahina Sauce, Mint (ss,g)	Harissa Roasted Sweet Potato & Cauliflower Wrap, Tomato, Olives, Kale & Green Salad (g)	Spicy Grilled Green Plantain & Sweet Potato Wrap, Lettuce, Vegan Cheddar, Red Cabbage, Cucumber & Green Salad (g)	Vietnamese Roasted Eggplant & Stir-Fried Tofu Wrap (g,sy,ss)
Butter Chickpeas, Vegetable Rice (d,n)	Veggie Keema Curry, Green Pea Pulao	Mughlai Vegetables & Chickpea curry, Biryani Rice (n)	Seitan, Sweet Potato & Coconut Curry	Pineapple & Coconut Curry with Tofu (sy)
Italian Lentil Bolognese With Penne Pasta (g)	Blackbeans & Quinoa Meatalls With Roasted Peppers & Tomato Sauce, Penne Pasta (g,d,e)	Chinese Tofu & Vegetable Stirfry (sy)	Tofu Ragu, Fettuccini (sy,d,g)	Basil Orzo Pasta With Chickpea In Caper Sauce (g)
Quinoa tabbouleh bowl, cucumber, kale, parsley, pumpkin	Wild rice buddha bowl, tofu, edamame, carrot, cabbage, sesame seeds, ginger dressing (sy,ss)	Greek barley bowl, barley, cucumber, green pepper, pickled onion, feta, potato, herby egg muffins (e,g,d)	Lentil-Quinoa powerbowl, kale, beets, walnut, raisin, honey-mustard halloumi, tahini drizzle (d,m,n,ss)	Mixed bean donburi bowl, white rice, japanese egg salad, radish, carrot pickle, sugar snap, ginger-nori dressing (sy,e,f)
Sweet Potato & Vegan Kimchi Wrap With Asian Salad (g)	Middle Eastern Falafel Wrap, Pickles, Lettuce, Cabbage, Tahina Sauce, Mint (ss,g)	Harissa Roasted Sweet Potato & Cauliflower Wrap, Tomato, Olives, Kale & Green Salad (g)	Spicy Grilled Green Plantain & Sweet Potato Wrap, Lettuce, Vegan Cheddar, Red Cabbage, Cucumber & Green Salad (g)	Vietnamese Roasted Eggplant & Stir-Fried Tofu Wrap (g,sy,ss)
Peanut butter & Choco mousse (p,d)	Almond & Cranberry Energy Bite (o,n)	Peanut butter & Choco mousse (p,d)	Peanut Butter Truffles (p,d)	Peanut butter & Choco mousse (p,d)
Mixed Berry Chia Seed Pudding	Chocolate Cluster (n)	Chocolate & Orange Brownie (g,e)	Apple & Cinnamon Muffin (e,o)	Chocolate Orange Chia Pudding
Mixed Pulse & Spinach Hummus, Cucumber (ss)	Red Pepper Hummus, Carrot (ss)	Spicy Carrot Hummus, Cucumber Sticks (ss)	Roasted Tomato & Basil Hummus, Carrot Sticks (ss)	Beetroot & Fennel Hummus (ss), Cucumber