

Wednesday

Dinner

Meal: Green Pesto Pasta & Salads

Ingredients:

- Pesto
- Pasta Gluten
- Pasta G/Free
- Rocket Salad
- Spinach
- Eggs
- Flour Self Raising
- Butter
- Sugar
- Baking Powder
- Strawberry Jam
- Plant Cream

Thursday

Breakfast

Meal: Tea Station/Hot Water available

Ingredients:

- Gluten Free Corn Flakes
- Vegan Yoghurt
- Gluten Free Muesli
- Bananas
- Oat Milk
- Apples

Lunch

Meal: Tomato/Butternut Soup with Fresh bread, Salad

Ingredients:

- Garlic
- Butternut Squash
- Tomato
- Carrots
- Sweet Potatoes
- Basil Fresh
- Tinned Tomato
- Tomato Paste

- Spinach
- Onion
- Chilli
- Veg Stock Cubes
- Mixed Seeds
- Olive Oil
- Lemons
- Whole Grain
- Black Pepper
- Salt

Dinner

Meal: Turkish Dinner - Falafel, Hummous, Pitta Bread, Cabbage Slaw, Ezme, Vegan Yoghurt Dip Pitta Bread, Chips

Banoffee Pudding

Ingredients:

- Chickpeas
- Cabbage
- Parsley
- Onions
- Garlic
- Carrots
- Tomatoes
- Red Peppers
- Lemons
- Pomegranate Molasses
- Pul Biber
- Isot Biber
- Sumac
- Vinegar
- Vegan Yoghurt
- Chickpea Flour
- Aubergine
- Potatoes
- Pitta Bread
- Pomegranate
- Cucumber
- Dill
- Olive Oil
- Digestive Biscuit Vegan
- Plant Butter
- Banana
- Coconut Condensed Milk 420 Mil
- Soft Brown Sugar
- Plant Cream
- Dark Cooking Chocolate
- Sesame Seeds

- Cayenne Peeper
- Coriander
- Baking Powder
- Black Pepper

Friday

Breakfast

Meal: Tea Station/Hot Water available

Ingredients:

- Gluten Free Corn Flakes
- Vegan Yogurt
- Gluten Free Muesli
- Bananas
- Apples
- Oat Milk

Lunch

Meal: Potato/Leek Soup and Salad

Ingredients:

- Potatoes Jacket
- Vegan Cheese
- Grated Cheese
- Baked Beans
- Salad Tbc Left Overs
- Pre Cooked Beetroot
- Cabbage Red
- Carrots
- Dill
- Mustard Wholegrain
- Mayo Vegan
- Vegan Yoghurt
- White Wine Vinigar
- Papricka
- Lettuce

Dinner

Meal: Vegetable Curry, Sauté Greens with Pilau Rice

Cardamon & Pistachio Dark Chocolate Tofu Mousse

Ingredients:

- Potatoes

- Mushrooms
- Peas
- Onions
- Garlic
- Greens
- Leeks
- Vegetable Stock Cubes
- Fresh Coriander
- Lemon
- Turmeric Powder
- Coriander Powder
- Cumin Powder
- Garam Masala
- Cardamom
- Bay Leaf
- Cinnamon
- Basmati Rice
- Silken Tofu
- Dark Chocolate
- Vanilla
- Pistachio
- Vegetable Oil

Saturday

Breakfast

Meal: Granola, Yoghurt

Chia seed pudding (sweet) or overnight oats (savoury)

Boiled Eggs

Tea Station/Hot Water available

Ingredients:

- Chia Seeds
- Coconut Milk Carton Not Tin 2 Litre
- Blueberries
- Cinnamon
- Vanilla Extract
- Eggs 2 Each
- Vegan Yogurt
- Oats
- Dried Cranberries
- Coconut Flakes
- Oat Milk
- Maple Syrup

- Banana
- Oranges
- Gluten Free Corn Flakes
- Apple

Lunch

Meal: Tasty Bean Chilli Nachos, Sour cream, Cheese and Corn on the cob side

Ingredients:

- Plain Tortilla Chips
- Red Kidney Beans Tinned
- Chopped Tomatoes Tinned
- Green Lentils
- Vegetable Oil
- Lime Juice
- Balsamic Vinegar
- Tamari
- Tomato Puree
- Smoked Paprika
- Chilli Powder
- Ground Cumin
- Oregano
- Bouillon GF Vegan
- Coco Powder
- Salt
- Cracked Black Pepper
- Marmite
- Onions Brown Or Pre-chopped
- Garlic
- Celery
- Red Peppers
- Coriander Fresh
- Corn Cob Halves -Frozen
- Jalapeño Peppers
- Sriracha Chilli Sauce
- Sour Cream
- Vegan Sour Cream
- Cheddar Cheese Grated
- Vegan Cheese Grated

Dinner

Meal: Burger (vegan), Chips and Salad

Cake

Ingredients:

- Chick Peas

- Red Onion
- Garlic Cloves
- Parsley
- Ground Cumin
- Ground Coriander
- Harissa Paste
- Plain Flour
- Oil
- Bread Rolls
- Potato
- Mixed Leaf Salad
- Tomato
- Cucumber
- Carrot

Sunday

Breakfast

Meal: Granola, Yoghurt

Chia seed pudding (sweet) or overnight oats (savoury)

Boiled Eggs

Tea Station/Hot Water available

Ingredients:

- Chia Seeds
- Coconut Milk Carton Not Tin 2 Litre
- Blueberries
- Cinnamon
- Vanilla Extract
- Eggs 2 Each
- Vegan Yogurt
- Oats
- Dried Cranberries
- Coconut Flakes
- Oat Milk
- Maple Syrup
- Banana
- Oranges
- Gluten Free Corn Flakes
- Apple

Lunch

Meal: Roasted Veg & Bulgar Power Salad

Ingredients:

- Potatoes
- Onions Red
- Carrots
- Garlic
- Beetroot
- Courgette
- Peppers
- Mushroom
- Tomatoes
- Chilli Flakes
- Salt
- Lemon
- Bulgar
- Cucumber
- Red Onion
- Fresh Parsley
- Maple Syrup
- Mint
- Vegan Feta
- Pomegranate
- Olive Oil

Dinner

Meal: Tofu and Aubergine Yellow Thai Curry, Basmati Rice and Asian Slaw

Vegan Brownies

Ingredients:

- Yellow Thai Curry Paste
- Lime Leaves
- Coconut Creme Block
- Lime Juice
- Caster Sugar
- Turmeric
- Onions Brown Or Chopped
- Garlic
- Basil Leaves Fresh
- Tofu Firm
- Yellow And Red Peppers
- Carrots
- Aubergine
- Basmati Rice
- Bay Leaves

- Mixed Peppers
- Ginger Fresh
- Carrots
- Red Cabbage
- Salad Onions
- Coriander Fresh
- Sesame Seeds
- Toasted Sesame Oil
- Olive Oil
- Tamari
- Rice Wine Vinegar
- Golden Syrup
- Ground Flax Seed
- Vegan Dark Chocolate
- Coffee Granules
- Vegan Margarine
- Gluten Free Self Raising Flour
- Ground Almonds
- Coco Powder
- Walnuts
- Baking Powder
- Caster Sugar
- Vanilla Extract
- Salt
- Gluten Free Self Raising Flour
- Baking Soda
- Salt
- Ground Flax Seed
- Vegan Margarine
- Caster Sugar
- Brown Sugar
- Molasses
- Vegan Dark Chocolate Chips

Monday

Brunch

Meal: Middle-Eastern Shakshuka with egg (veg) or mushroom (vegan)

Ingredients:

- Tomatoes
- Hard Tofu
- Mushroom
- Onions
- Garlic

- Coriander Powder
- Cumin Powder
- Pul Biber
- Lemon
- Fresh Coriander
- Pomegranate Molasses