

Biweekly Menu | 19 to 23 July

Monthly theme: Africa

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Homemade mango yoghurt served with overnight oats	Pumpkin seeds and peach oatmeal breakfast bowl	Vanilla, banana, chia seeds and coconut yogurt overnights oat	Vanilla and cinnamon porridge	Strawberries and raspberries bircher
Mid Morning Snack	Roasted red pepper hummus with breadsticks	Cucumber avocado & dill dip served with rice cakes	Mushroom pate with oatcakes & crudites	Guacamole & mixed leaves mini wraps	Celery sticks served with herby cream cheese
Lunch	African chicken curry served with cardamom & cumin rice African tofu curry served with cardamom & cumin rice (V)	Moroccan spiced lentil served with sliced pitta bread (V)	Mediterranean style okra served with lemon and herby cous cous & cod Mediterranean style okra serve with lemon and herby couscous & tofu strips (V)	Aubergine parmigiana served with garlic, oregano chickpeas and bread (V)	Lemon and thyme salmon with baked potatoes, asparagus & cherry tomatoes Lemon and thyme tofu with baked potatoes, asparagus & cherry tomatoes (V)
Mid Afternoon Snack	Mango slices with raspberries sauce	Cinnamon, star anise and berries poached pears	Strawberries and melon fruit salad	Peach and apricots with cream fraiche	Figs dip served with banana slices
Dinner	Marrow curry with cumin basmati rice & paprika chickpeas (V)	Basil, lemon courgette pasta served with grated cheese and fennel baked cod Basil, lemon courgette pasta served with grated cheese and fennel baked tofu (V)	South African vegetarian Chakalaka served with cumin rice (V)	Stir-fried chicken, carrot & pak choi served with jasmine rice Stir-fried tofu, carrot & pak choi served with jasmine rice (V)	Vegetarian spaghetti bolognese served with lettuce and basil salad (V)

Biweekly Menu | 26 to 30 July

Monthly theme: Africa

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pumpkin seeds and peach oatmeal breakfast bowl	Vanilla, banana, chia seeds and coconut yogurt overnights oat	Vanilla and cinnamon porridge	Strawberries and raspberries bircher	Homemade mango yoghurt served with overnight oats
Mid Morning Snack	Cucumber avocado & dill dip served with rice cakes	Mushroom pate with oatcakes & crudites	Guacamole & mixed leaves mini wraps	Celery sticks served with herby cream cheese	Roasted red pepper hummus with breadsticks
Lunch	Moroccan spiced lentil served with sliced pitta bread (V)	Mediterranean style okra served with lemon and herby cous cous & cod Mediterranean style okra serve with lemon and herby couscous & tofu strips (V)	Aubergine parmigiana served with garlic, oregano chickpeas and bread (V)	Lemon and thyme salmon with baked potatoes, asparagus & cherry tomatoes Lemon and thyme tofu with baked potatoes, asparagus & cherry tomatoes (V)	African chicken curry served with cardamom & cumin rice African tofu curry served with cardamom & cumin rice (V)
Mid Afternoon Snack	Cinnamon, star anise and berries poached pears	Strawberries and melon fruit salad	Peach and apricots with cream fraiche	Figs dip served with banana slices	Mango slices with raspberries sauce
Dinner	Basil, lemon courgette pasta served with grated cheese and fennel baked cod Basil, lemon courgette pasta served with grated cheese and fennel baked tofu (V)	South African vegetarian Chakalaka served with cumin rice (V)	Stir-fried chicken, carrot & pak choi served with jasmine rice Stir-fried tofu, carrot & pak choi served with jasmine rice (V)	Vegetarian spaghetti bolognese served with lettuce and basil salad (V)	Marrow curry with cumin basmati rice & paprika chickpeas (V)