



Mon

Tues

Wed

Thurs

Fri

Sat

Lunch

Mince Stuffed
Peppers

K - 302 P - 20.5g
F - 4.4g C - 39.3g

Lentil
Dhansak

K - 478 P - 15.9g
F - 6.1g C - 83.8g

Chicken Style
Chinese
Noodle

K - 472 P - 27.1g
F - 12.4g C - 54.8g

Spiced
Chickpea

K - 420 P - 14.9g
F - 12.9g C - 53.5g

Cauliflower
Tikka Masala

K - 362 P - 9.1g
F - 13g C - 49.6g

Chilli & Basil
Mince With
Noodles

K - 377 P - 22.9g
F - 6.5g C - 49.8g

Dinner

Chicken Style
Chinese
Noodle

K - 472 P - 27.1g
F - 12.4g C - 54.8g

Mince Stuffed
Peppers

K - 302 P - 20.6g
F - 4.4g C - 39.3g

Lentil
Dhansak

K - 478 P - 15.9g
F - 6.1g C - 83.8g

Chilli & Basil
Mince With
Noodles

K - 377 P - 22.9g
F - 6.5g C - 49.8g

Spiced
Chickpea

K - 420 P - 14.9g
F - 12.9g C - 53.5g

Cauliflower
Tikka Masala

K - 362 P - 9.1g
F - 13g C - 49.6g

Total

K - 774 P - 47.6g
F - 16.8g C - 94.1g

K - 780 P - 36.5g
F - 10.5g C - 123.1g

K - 950 P - 43g
F - 18.5g C - 138.6g

K - 797 P - 37.8g
F - 19.4g C - 103.3g

K - 782 P - 24g
F - 25.9g C - 103.1g

K - 739 P - 32g
F - 19.5g C - 99.4g