



Mon

Tues

Wed

Thurs

Fri

Sat

Lunch

Taco
Tomatoes

K - 321 P - 21g
F - 13.9g C - 22g

Meatless
Meatballs &
Rice

K - 521 P - 29.5g
F - 18.1g C - 55g

Ratatouille
With Pitta

K - 399 P - 13.5g
F - 9.3g C - 74.4g

Spaghetti
Bolognese

K - 412 P - 26.7g
F - 7.1g C - 53.1g

Mushroom
Stroganoff

K - 290 P - 11.1g
F - 4.1g C - 50.6g

Chickpea,
Tomato &
Spinach Stew

K - 388 P - 15.2g
F - 4.3g C - 64.1g

Dinner

Ratatouille
With Pitta

K - 399 P - 13.5g
F - 9.3g C - 74.4g

Taco
Tomatoes

K - 321 P - 21g
F - 13.9g C - 22g

Meatless
Meatballs &
Rice

K - 521 P - 29.5g
F - 18.1g C - 55g

Chickpea,
Tomato &
Spinach Stew

K - 388 P - 15.2g
F - 4.3g C - 64.1g

Spaghetti
Bolognese

K - 412 P - 26.7g
F - 7.1g C - 53.1g

Mushroom
Stroganoff

K - 290 P - 11.1g
F - 4.1g C - 50.6g

Total

K - 720 P - 34.5g
F - 23.2g C - 96.4g

K - 842 P - 50.5g
F - 32g C - 77g

K - 920 P - 43g
F - 27.4g C - 129.4g

K - 800 P - 41.9g
F - 11.4g C - 117.2g

K - 702 P - 37.8g
F - 11.2g C - 103.7g

K - 678 P - 26.3g
F - 8.4g C - 99g