

Monday

Tuesday

Wednesday

Thursday

Friday

The SOUP Kettle TASTY ENTREES

Kale & Potato

Spinach Soup

Sweet Potato & Curry Soup

Broccoli Soup

Leek Soup

Tagliatelle carbonara w/ chicken

Beef Stew w/ Vegetables

Braised Duck Rice

Beef Spaghetti Bolognese

Pulled Pork Fajitas

VEGGIE LOVERS

Peppers & Feta Frittata

Pumpkin & Fusilli with Rocket & Cheese Salad

Tofu & vegetable noodles (vegan)

Tomato & Mozzarella Pasta

Mediterranean Stuffed Peppers

Taste of the SEA

White fish with coconut

Pan fried sea bass with fruity salsa

Seafood Curry

Baked Hake with lemon & herbs

Salmon & Leek Linguine

on the SIDE

Steamed Cauliflower
Roasted Butternut
Glazed Sliced Carrots

Brilliant Broccoli
Paprika Diced Potatoes
Shredded Veggies Salad

Fresh Orange Salad
Lettuce & Cherry tomato salad
Onion Braised Potatoes

Roasted Sweet Potato
Quinoa & Olives Salad
Garden peas

Garlic & Coriander Rice
Roasted root vegetables
Tomato & Peppers
Vinaigrette

TASTY PUDS

Maria Cookies & Cream Pots

Banana Cake (Low sugar)

Pineapple & Coconut Chia Pot

Raspberry & Banana Smoothie

Shortbread w/ Dark Chocolate

Chunks of fresh fruit, whole fruit, crudité's available

