

Day	Meal	Main course	Veggie main course	Sides 1	Dessert
Monday	lunch	Pork and chorizo ragu	Veggie meatball ragu	Pasta, broccoli	Fresh fruit salad, Greek yoghurt
Monday	dinner	Cheeseburgers		Corn on the cob, coleslaw, stuffed potato skins	Fresh fruit
Tuesday	lunch	Lemon and herb crusted salmon with salsa verde	Sweet potato stack with red lentil stuffing	Butternut risotto, peas, grilled cauliflower	Fresh fruit salad, Greek yoghurt
Tuesday	dinner	Five-spice pork belly, garlic and ginger prawns, watercress, hoisin gravy		Rice noodles, asparagus, mange tout	Coconut rice pudding, caramelised pineapple salsa
Wednesday	lunch	Devilled sausages	Veggie sausages	Crushed new potatoes, sauteed peppers, cabbage	Fresh fruit salad, Greek yoghurt
Wednesday	dinner	Lamb koftas, lemon pepper chicken thighs, falafel		Hummus, tomato salad, avocado and tenderstem salad, naans	Ice lollies
Thursday	lunch	Butter chicken	Tofu Makhni	Basmati rice, mixed vegetables	Fresh fruit salad, Greek yoghurt
Thursday	dinner	Slow roast lamb Kleftikoe with potatoes and vegetables		Greek salad, flat breads, tzatziki	Strawberry cheesecake
Friday	lunch				Fresh fruit salad, yoghurts