

Tastebuds Food

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch main course	Baked Tuna Pasta Bake	Braised Somerset Pork and Apple Stew served with Green Beans	Canadian Hunters Chicken Casserole	Vegetarian Spaghetti Bolognese	Hungarian Beef Goulash with fluffy rice
Lunch recipe content	<i>Penne Pasta, Garlic, Onions, Herbs, Mushrooms, Sweetcorn, Tomatoes, Vegetable stock, Cheese</i>	<i>Pork, Apples, Onions, Leeks, Swede, Carrots, Herbs, Vegetable Stock, Potatoes, Pepper, Green Beans</i>	<i>Chicken, Onions, Leeks, Carrots, Mushrooms, Tomatoes, Herbs, Potatoes, Vegetable Stock, Paprika, Green Beans</i>	<i>Onions, Carrots, Celery, Mushrooms, Peppers, Tomatoes, Garlic, Herbs, Spaghetti, Vegetable Stock</i>	<i>Beef, Onions, Carrots, Peppers, Tomatoes, Paprika, Pepper, Vegetable stock, Parsley, Rice</i>
Lunch vegetarian option	Vegetarian Pasta Bake	Vegetarian Apple Stew	Vegetarian Casserole	As above	Vegetarian Goulash with fluffy rice