

Tastebuds Food

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch main course	Portugese Five bean Casserole	Braised Beef and Lentil Stew with Wholemeal bread	Turkey Alla Cacciatore with Pasta Twists	Creamy Cod Hot Pot Pie, served with Peas and Sweetcorn	Chicken Tangine and yellow fluffy rice
Lunch recipe content	<i>Five bean salad, Onions, Tomatoes, Carrots, Peppers, Sweetcorn, Potatoes, Vegetable stock, Herbs, Green Beans</i>	<i>Beef, Onions, Carrots, Swede, Leeks, Lentils, Potatoes, Herbs, Vegetable Stock, Paprika, Wholemeal bread</i>	<i>Turkey Breast, Onions, Carrots, Mushrooms, Celery, Tomatoes, Garlic, Herbs, Paprika, Vegetable stock, Pasta</i>	<i>Cod, Bechemel Sauce, Herbs, Carrots, Leeks, Spinach, Potatoes, Cheese, Peas, Sweetcorn</i>	<i>Chicken, Onions, Carrots, Apricots, Tomatoes, Vegetable Stock, Mushrooms, Chilli, Turmeric, Paprika, Herbs, Rice, Peppers</i>
Lunch vegetarian option	As above	Vegetarian Lentil Stew	Vegetarian Alla Cacciatore	Vegetarian Hot Pot Pie	Vegetarian Tangine and yellow fluffy rice