

Sample Men

Week 1

Monday

Super pesto pasta, with Mediterranean inspired roast vegetables

(Homemade Brown bread, vegetable crudités, honey, a selection of fresh fruit and Hummus)

Tuesday

Mild spiced carrot, ginger and tomato soup

Baby potatoes and steamed seasonal greens

(Homemade Brown bread, vegetable crudités, honey, a selection of fresh fruit and Raisins)

Wednesday

John Scottus' Margarita pizza with homemade tomato and herb sauce

Red cheddar, sweet corn and mushroom pizza

(Homemade Brown bread, vegetable crudités, honey, a selection of fresh fruit and Red Beetroot salad)

Thursday

Vegetable Jambalaya

(Homemade Brown bread, vegetable crudités, honey, a selection of fresh fruit and soft boiled eggs)

Friday

Fluffy celeriac and rooster mash with baked beans

(Homemade Brown bread, vegetable crudités, honey, a selection of fresh fruit and toasted sunflower seeds)

Week 2

Monday

Roasted butternut squash and red bell pepper macaroni and cheese

(Homemade Brown bread, vegetable crudités, honey, a selection of fresh fruit and Hummus)

Tuesday

Baby potatoes and steamed seasonal greens

Sample Men

Roasted winter vegetable soup with herb croutons

(Homemade Brown bread, vegetable crudités, honey, a selection of fresh fruit and crunchy coleslaw)

Wednesday

John Scottus' Margarita pizza with homemade tomato and herb sauce

Red cheddar, sweet corn and mushroom pizza

(Homemade Brown bread, vegetable crudités, honey, a selection of fresh fruit and tzatziki)

Thursday

Chickpea, spinach and sweet potato massaman with wholegrain rice

(Homemade Brown bread, vegetable crudités, honey, a selection of fresh fruit and juicy raisins)

Friday

Vegetable bourguignon and creamy mash

(Homemade Brown bread, vegetable crudités, honey, a selection of fresh fruit and soft boiled eggs)