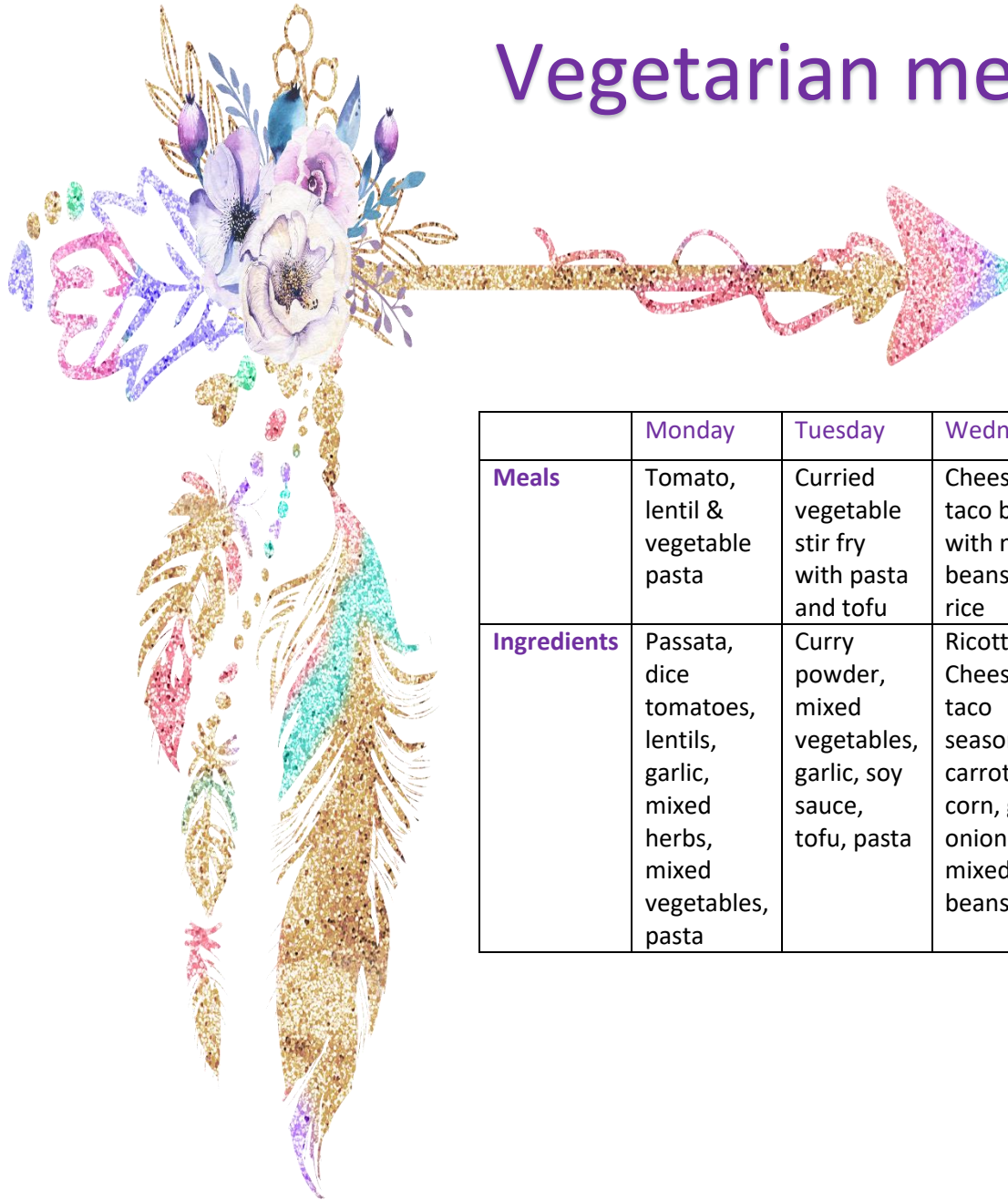


Vegetarian menu week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Meals	Tomato, lentil & vegetable pasta	Curried vegetable stir fry with pasta and tofu	Cheesy taco bake with mixed beans and rice	Mac & cheese with pasta	French onion chickpeas, vegetables with pasta
Ingredients	Passata, dice tomatoes, lentils, garlic, mixed herbs, mixed vegetables, pasta	Curry powder, mixed vegetables, garlic, soy sauce, tofu, pasta	Ricotta Cheese, taco seasoning, carrot, corn, garlic, onions, mixed beans, rice	Milk, flour, margarine. Vegetable stock, garlic, peas, corn, cream cheese, pasta	Mixed vegetables, French onion soup mix, chickpeas, pasta