Ashford and St. Peter's Hospitals Goodness

Nutrition for you

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Casserole Vegan Sweet potato and Spinach	Macaroni Cheese Vegan Ratatouille Pasta	Roast Turkey Vegan Vegetable Biryani	Beef Bolognaise Vegetable Moussaka	Creamy Vegetables with Salmon Vegan Cottage Pie
Potatoes Rice Naan Bread Dumplings	Garlic Bread	Roast Potatoes Vegetables Yorkshires Naan Bread	Pasta Garlic Bread Vegetables	Mash Potato Vegetables
Choice of Desert	Choice of Desert	Choice of Desert	Choice of Desert	Choice of Desert

WEEK 1

Ashford and St. Peter's Hospitals Goodness

Nutrition for you

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Casserole Sweet Potato and Spinach (vegan)	Chicken Curry Vegan Cottage Pie	Beef Bolognaise Vegan Beany Bolognaise	Beef Lasagne Veg Lasagne	Fish Pie Vegan Sweet and Sour Vegetables
Potatoes Dumplings Rice Naan	Rice Naan Vegetable	Pasta	Garlic Bread	Rice Veg
Choice of Desert	Choice of Desert	Choice of Desert	Choice of Desert	Choice of Desert

WEEK 2

Ashford and St. Peter's Hospitals Goodness

Nutrition for you

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet and Sour Chicken Vegetable Moussaka	Beef Lasagne Vegan Thai Vegetable Curry	Roast Turkey in Gravy Vegan Beany Bolognaise	Cottage Pie Veg Lasage	Fish Fingers Vegan Veg Chilli
Rice	Veg Garlic Bread Rice	Potato Veg Yorkshire Pudding Pasta Garlic Bread	Veg Garlic Bread	Wedges Peas Rice Garlic Bread
Choice of Desert	Choice of Desert	Choice of Desert	Choice of Desert	Choice of Desert



Ashford and St. Peter's Hospitals Goodness

Nutrition for you

Monday	Tuesday	Wednesday	Thursday	Friday
Creamy Veg with Salmon Vegan Cottage Pie	Chicken Casserole Vegan Veg Biryani	Sweet and Sour Chicken Vegan Sweet and Sour Vegetables	Beef Bolognaise Vegan Veg Chilli	Fish Pie Vegan Creamy Vegetable
Potatoes Vegetables	Vegetables Dumplings Potato Naan	Rice	Pasta Garlic Bread Rice	Vegetables Garlic Bread
Choice of Desert	Choice of Desert	Choice of Desert	Choice of Desert	Choice of Desert

WEEK 4