



Sample 1

Friday Dinner

Scaloppini Tofu
Roasted Mediterranean vegetables with artichokes, capers & olives
Saffron & white wine sauce

Strawberry Cheesecake

Saturday Lunch

Baked 'Cheesey' Stuffed Sweet Potato ; rocket, tomato, olive & red onion salad
Courgetti pesto & pine nut salad; mixed leaf with toasted seeds

Chocolate Mulberry Torte

Saturday Dinner

Roast Pepper, Butternut Squash & Basil Arancini
wilted spinach, marinara sauce, watercress, walnut & cucumber salad

Banoffee Pie

Sunday Lunch

Thai Green Curry Soup
Pad Thai salad
beetroot & papaya salad with mint, chilli & lime
mixed leaf with sesame seeds & miso tahini dressing

Chia Pudding with mango & passion fruit