



## 4 WEEK ROTATIONAL VEGETARIAN MENU

### Week 1

#### MONDAY

Sweet potato & chickpea coconut curry served with sticky rice & seasonal vegetables.

#### TUESDAY

Tomato & basil penne with cream, baby spinach, herbs & parmesan shavings.

#### WEDNESDAY

Lentil & butternut bobotie served with turmeric rice, peas & carrots.

#### THURSDAY

Egg roll with roasted veggies, sauteed mushrooms & caramelised onions topped with feta, & melted cheddar.

#### FRIDAY

Spinach, butternut & feta lasagne served with mixed roasted vegetables.

### Week 2

#### MONDAY

Creamy sun dried tomato & pea risotto topped with parmesan & fresh parsley.

#### TUESDAY

Lentil & mushroom lasagne served with mixed roasted vegetables.

#### WEDNESDAY

Spinach & cheese pie served with mixed roasted vegetables.

#### THURSDAY

Aubergine, tomato & mozzarella bake served with mixed roasted vegetables.

#### FRIDAY

Falafel burger with hummus, red pesto, mayo & lettuce, served with hand cut fries.

## Week 3

### MONDAY

Rich tomato & mushroom linguini topped with grated parmesan & freshly chopped parsley.

### TUESDAY

Mexican bean & brown rice tortilla baked with cheddar & mozzarella served with tomato salsa.

### WEDNESDAY

Asian-style veg stir fry with egg noodles, ginger, chilli, coriander, sesame seeds & peanuts.

### THURSDAY

Coconut veggie curry served with sticky rice.

### FRIDAY

Creamy wild mushroom risotto topped with parmesan & parsley, served with seasonal veg.

## Week 4

### MONDAY

Home Food Deli's vegetarian curry served with basmati rice & a garlic butter roti.

### TUESDAY

Mediterranean roti filled with grilled veg, sun dried tomato, feta & basil pesto, grilled with mozzarella.

### WEDNESDAY

Spinach & cheese quiche served with a freshly made side salad.

### THURSDAY

Home Food Deli's mac and cheese with wild mushrooms.

### FRIDAY

Cajun-spiced red kidney bean & potato burger topped with tomato & sweet chilli mayo, served with hand-cut fries.

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