

WEEK 1



# WINTER MENU

for the north



freedom  
protein tasting pack

## ENJOY YOUR MEAL

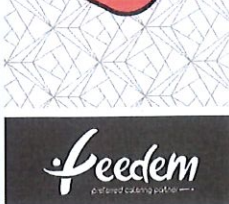
| WEEK 1     | MONDAY                                                                                                                              | TUESDAY                                                                                | WEDNESDAY                                                                                                    | THURSDAY                                                                                                     | FRIDAY                                                                                | SATURDAY                                      | SUNDAY                                                                                                                  |
|------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| LUNCH      | Classic Cag Au Vin with Tender Chicken Thighs, Carrots, Baby Onions & Mushrooms stewed in a Rich Gravy served with Savoury Couscous | Boys Favourite Spaghetti Bolognese served with Grated Cheddar and Homemade Bread Rolls | Parmesan Crusted Baked Hake with Herbed Mashed Potato, Pan Fried Green Beans and Lemon and Thyme Cream Sauce | Honey Glazed Pork Neck Steaks served Roasted Baby Potatoes, Broccoli and Cauliflower Au Gratin and Pan Gravy | Ground Beef Gyros with Homemade Tzatziki, Crumbled Feta and Greek Lemon Potato wedges | Assorted Pizzas with various toppings         | Creamy Portuguese Nando's Inspired Chicken Leg Quarters, Savoury Rice, Sautéed Green Beans and Roasted Cinnamon Pumpkin |
| VEGETARIAN | Field Mushroom, Carrots & Baby Onions stewed in a Spicy Vegetable Stock served with Savoury Couscous                                | Spaghetti with Soya Mince and Parmesan Cream                                           | Vegetable Schnitzels                                                                                         | Cherry Tomato and Feta Quiche                                                                                | Soya Mince Gyros                                                                      | Assorted Pizzas with various toppings         | Parmesan Crumbed Brinjal Rounds                                                                                         |
| SALAD      | Balsamic Roasted Pepper and Baby Marrow Salad                                                                                       | Chick Pea, Olive, Tomato and Arugula                                                   | English Pea Salad with Shredded Cheese, Carrots, Apples and Red Onions                                       | Winter Salad with Butternut, Red Onion, Kale, Radicchio, Pomegranate and Pecorino                            | Shredded Salad with Tomato, Cucumber and Red Onion                                    | Chopped Chillies, Avo Pulp and Chopped Garlic | Classic Caesar Salad                                                                                                    |
| DESSERT    | Fresh Fruit                                                                                                                         | Hot Cocoa Cookie                                                                       | Fresh Fruit                                                                                                  | Malva Pudding with Custard                                                                                   | Lollies                                                                               | Fresh Fruit                                   | Baked "Traditional" Milk Tart                                                                                           |

WEEK 2



# WINTER MENU

for the month



## ENJOY YOUR MEAL

| WEEK TWO   | MONDAY                                                                                | TUESDAY                                                                       | WEDNESDAY                                                                                                 | THURSDAY                                                                                     | FRIDAY                                                        | SATURDAY                                                          | SUNDAY                                                       |
|------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------|
| LUNCH      | Beef Masala Curry, Lentil Rice and Sauteed Green Beans served with a Yoghurt Tzatziki | Battered Fried Hake, Peas and Salt and Pepper Potato Wedges with Tartar Sauce | Braised Chicken with Runner Bean Fricassee served with Herbed Couscous and Oven Roasted Winter Vegetables | Roast Leg of Lamb, Cinnamon Pumpkin Fritters, Oven Roasted Baby Potatoes and Creamed Spinach | Grilled Chipotle Chicken Prego Rolls with Chips and Guacamole | Macaroni and Cheese with Bacon, Sundried Tomatoes and Basil Pesto | Beef, Soya Sauce and Broccoli Fried Rice served with Chutney |
| VEGETARIAN | Bean Masala Curry                                                                     | Crumbed Broccoli and Cheese Potato Cakes with Coriander Garlic Mayo           | Chickpea and Brinjal Mousaka                                                                              | Char Grilled Cauliflower Steaks                                                              | Black Bean Burger                                             | Macaroni and Cheese with Sundried Tomatoes and Basil Pesto        | Haloumi, Soya Sauce and Broccoli                             |
| SALAD      | Tomato, Onion and Cucumber Sarni                                                      | Shredded Slaw with Tomatoes and Vinaigrette                                   | Green Bean and Cocktail Tomato Salad                                                                      | Greek Salad                                                                                  | Layered Salad                                                 | Mexican Chopped Salad                                             | Garden Salad                                                 |
| DESSERT    | Fresh Fruit                                                                           | Brownie Pudding with Pouring Cream                                            | Fresh Fruit                                                                                               | Baked Tiramisu Cheesecake                                                                    | Lollies                                                       | Fresh Fruit                                                       | Apple Crumble with Pouring Cream                             |



WEEK 3



# WINTER MENU

for the month



freedom  
powered by love

## ENJOY YOUR MEAL

| WEEK THREE | MONDAY                                                                                                                | TUESDAY                                                                                                                       | WEDNESDAY                                                                                                     | THURSDAY                                                                             | FRIDAY                                                                                                                                 | SATURDAY                                                                                                                 | SUNDAY                                                                                                          |
|------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| LUNCH      | Salt and Pepper Fried Calamari, slow roasted with Garlic & Rosemary Sautéed Fries with Steamed Peas and Tartare Sauce | Citrus Marinated Pork Neck, slow roasted with Garlic & Oregano served with Caramelized Onion Wild Rice and Pan Fried Broccoli | Moroccan Spiced Chicken Leg Quarters with Cinnamon Carrots, Cumin Spiced Roasted Potatoes and Creamed Spinach | "Pot Bo Kho" Vietnamese Beef Stew served with Crusty Baguette, Cilantro Infused Rice | Avocado & Chicken Burrito Wraps with a Homemade Ranch Dressing & Grated Mozzarella and Cheddar Cheese served with Sautéed Potato Skins | Mixed Herb Crusted Hake Fillet with a Roasted Tomato and Basil Sauce served with Sautéed Potatoes and Pan Fried Zucchini | Garlic, Butter & Herb Roast Beef served with Grilled Rosemary Baby Potatoes, Steamed Vegetables with a Beef Jus |
| VEGETARIAN | Tempura Vegetables                                                                                                    | Mushroom and Asparagus Risotto                                                                                                | Butternut, Feta and Sage Quiche                                                                               | "Pot Bo Kho" Vietnamese White Bean and Vegetable Stew                                | Avocado & Chickpea Burrito Wraps with a Homemade Ranch Dressing & Shredded Mozzarella and Cheddar served with Sautéed Potato Skins     | Corn, Pea and Potato Homemade Schnitzel                                                                                  | Baked Sweet Potato & Black Beans with a Blue Cheese Crema                                                       |
| SALAD      | Creamy Corn, Pepper & Cilantro Salad with Crushed Dorito Topping                                                      | Roasted Butternut, Spinach and Caramelized Onion Salad                                                                        | Greek Chickpea Salad                                                                                          | Roasted Sweet Potato, Black Bean and Quinoa Salad                                    | Shredded Lettuce, Tomato and Peppadew                                                                                                  | Three Bean Salad                                                                                                         | Beetroot and Feta Salad                                                                                         |
| DESSERT    | Fresh Fruit                                                                                                           | Chocolate Éclair Slice                                                                                                        | Fresh Fruit                                                                                                   | Sticky Toffee Pudding with Caramel Custard                                           | Lollies                                                                                                                                | Fresh Fruit                                                                                                              | Pineapple and Cherry Upside Down Cake                                                                           |

WEEK 4



# WINTER MENU

for the month



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## ENJOY YOUR MEAL

| WEEK FOUR  | MONDAY                                              | TUESDAY                                                                            | WEDNESDAY                                                                             | THURSDAY                                                                                                         | FRIDAY                                                                                                                                 | SATURDAY                                                                                                     | SUNDAY                                                                                                 |
|------------|-----------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| LUNCH      | Punjabi Chicken Curry with Poppadoms and Pilau Rice | Old Favourite Dorito Crusted Hake served with Steamed Peas, Tartar Sauce and Chips | Slow Braised Lamb Ragout and Pappardelle Pasta topped with Parmesan and Fresh Oregano | Citrus Marinated Pork Neck, slow roasted with Garlic & Oregano Served with Creamy Potenta and Pan Fried Broccoli | Portuguese Style Beef Stifoin Preogo Steak Roll with a Spicy Caramelised Onion Sauce Served with Rosemary Sailed Fries                 | Sweet and Sour Crispy Chicken & Egg Noodle Stir-Fry with Sautered Carrots, Baby Marrows and Red Bell Peppers | Grilled Lamb Kofta Kebabs with Cucumber and Mint Tzatziki, Homemade Flatbread and Spiced Potato Wedges |
| VEGETARIAN | Potato and Bean Curry                               | Grilled Aubergine, Spinach, Cheese & Tomato Au Gratin                              | Slow Braised Sundried Tomato, Mushroom, Zucchini and Oregano Ragout                   | Butternut Squash stuffed with Wild Rice, Brussel Sprouts and Carrots                                             | Portuguese Style Black Mushroom and Cannellini Bean Preago Roll with a Spicy Caramelised Onion Sauce Served with Rosemary Sailed Fries | Sweet and Sour Crispy Haloumi & Egg Noodle Stir-Fry with Sautered Carrots, Baby Marrows and Red Bell Peppers | Grilled Fatafel Kebabs with Cucumber and Mint Tzatziki, Homemade Flatbread and Spiced Potato Wedges    |
| SALAD      | Sambals                                             | Thal Cucumber Salad with Dill and Bean Sprouts                                     | Cauliflower Salad with Creamy Tahini Dressing                                         | Moroccan Carrot and Chickpea Salad                                                                               | Layered Salad                                                                                                                          | Garden Green Salad                                                                                           | Crisp Lettuce and Marinated Tomato Salad                                                               |
| DESSERT    | Fresh Fruit                                         | Brownie Kit Kat Bars                                                               | Fresh Fruit                                                                           | Hot Milk Sailed Caramel Cake with Custard                                                                        | Lollies                                                                                                                                | Fresh Fruit                                                                                                  | Chocolate Mousse Cake                                                                                  |

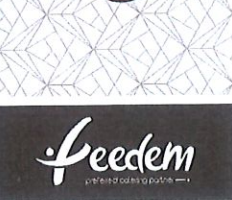


WEEK 5



# WINTER MENU

for the north



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## ENJOY YOUR MEAL

| WEEK FIVE  | MONDAY                                                                            | TUESDAY                                                                               | WEDNESDAY                                                                                            | THURSDAY                                                                                     | FRIDAY                                                                         | SATURDAY                                                                                           | SUNDAY                                                                                             |
|------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| LUNCH      | Oven Roasted Pork Loin served with Green Pea Fried Rice and Honey Roasted Carrots | Chicken Leg Quarters with Curried Leeks and Lentils served with Spring Onion Couscous | Fried Calamari served Roasted Garlic & Lime Aioli, Crispy Onion Rings and Oven Baked Potatoes Wedges | Boys Favourite Spaghetti Bolognese served with Homemade Bread Rolls and Grated White Cheddar | Chipotle Crispy Chicken Burgers topped with Coleslaw and Rosemary Salted Fries | Spicy Shaved Lamb Flatbreads with a Honey and Soy Drizzle served with Potato Wedges and Asian Slaw | Pan Fried Hake served with a Thai Green Curry and Coconut Sauce Served with Coriander Infused Rice |
| VEGETARIAN | Couscous Patties With Avocado Cream and Slaw                                      | Falafel Curry with Spinach                                                            | Courgette and Mozzarella Tart                                                                        | Lentil Bolognese                                                                             | Spinach and Feta Spanakopita                                                   | Aubergine Canneloni Parmigiana                                                                     | Paneer, Pea and Spinach Rice                                                                       |
| SALAD      | Poppy Seed Cauliflower and Fresh Corn Salad                                       | Winter Salad with Butternut, Red Onion, Radicchio and Pecorino                        | Spiced Carrot and Chickpea Salad                                                                     | Honeyed Winter Salad with Butternut, Parsnip and Red Onions                                  | Layered Salad                                                                  | Winter Tabbouleh Salad                                                                             | Clementine, Feta and Winter Leaf Salad                                                             |
| DESSERT    | Fresh Fruit                                                                       | Blue Velvet Cupcakes with Cream Cheese Icing                                          | Fresh Fruit                                                                                          | "Boys Favourite" Jelly and Custard                                                           | Lollies                                                                        | Fresh Fruit                                                                                        | Phyllo with Mixed Berry Crème Patisserie                                                           |

WEEK 6



# WINTER MENU

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## ENJOY YOUR MEAL

| WEEK SIX   | MONDAY                                                                 | TUESDAY                                        | WEDNESDAY                                                                                                                                  | THURSDAY                                                                                                  | FRIDAY                                           | SATURDAY                                                                                                  | SUNDAY                                                                       |
|------------|------------------------------------------------------------------------|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| LUNCH      | Chicken Cacciatore, served with Savoury Wild Rice and Steamed Broccoli | Ground Beef Lasagne with Homemade Garlic Rolls | Moroccan style Braised Pork Neck with Smoked Paprika and Tomato served with Cucumber, Red Onion, Zucchini and Coriander Couscous Tabbouleh | Pan Fried Honey and Soy Marinated Hake Fillet served with steamed Bulgur Wheat, topped with Crispy Onions | BBC Beef and Cheddar Burgers served Sailed Fries | Traditional Crumbed Chicken Schnitzel served with crushed herbed Baby Potatoes & a Thyme & Mushroom Sauce | Traditional Irish Lamb Stew with Carrots and Peas and Creamy Mashed Potatoes |
| VEGETARIAN | Vegetable Cacciatore                                                   | Zucchini and Egg Plant Lasagna                 | Japanese Vegan Hamburger Steak                                                                                                             | Crispy Tofu Steak                                                                                         | Spicy Black Bean and Corn Burger                 | Cauliflower Schnitzel                                                                                     | Vegan Irish Stew                                                             |
| SALAD      | Spinach and Squash Salad with Coconut Dressing                         | Greek Salad                                    | Halloumi, Carrots, Watercress and Orange Salad                                                                                             | Tomato Salad with Ricotta, Broad Beans and Salsa Verde                                                    | Layered Salad                                    | Smoky Aubergine and Red Pepper Salad                                                                      | Beetroot, Cucumber, Dill and Feta Salad                                      |
| DESSERT    | Fresh Fruit                                                            | Chocolate Mawa Pudding with Pouring Cream      | Fresh Fruit                                                                                                                                | Peppermint Crisp Tart                                                                                     | Lollies                                          | Fresh Fruit                                                                                               | Key Lime Pie                                                                 |