

# Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	French Onion Soup	al Fredo Pasta	Pan-fried potato discs with burger	Baked rice w/ onions	Chinese Noodles with Onion, Chilli, & Tomatoes	Greek Salad with Pita and Hummus or Falafel	Roast Dinner
	Tomato, Onion & Parsley Salad	Courgette 'pasta' w/ garlic cashew sauce on collard leaves	Pulp pate burgers on collard leaves	Coleslaw	Raw Pad Thai	Greek Salad w/ Hummus or Falafel	
<b>Week 2</b>	Lentil soup	Lasagne	Chips, Beans & Pasties	Curry (Biryani) & Rice	Oriental Pancakes	Pizza	Baked Potatoes & beans
	Corn Chowder		Courgette 'chips'	Tomato curry	Carrot Pate rolls		Salad w/ Ranch Dressing
<b>Week 3</b>	Black bean soup	Oil & Garlic Pasta	Diced Potatoes w/ Veg & Egg	Chilli	Mushroom & Onion Risotto	Quiche	Garlic & butter potato
	Gaspacho Soup	Courgette 'pasta' marinated in oil & garlic	Diced courgette w/ misc veg	Raw Chilli	Mushroom Burgers		Garlic & oil courgette cubes
<b>Week 4</b>	Tomato Soup	Red Pasta	Chips, Beans & Batter	Mexican Rice, Refried Beans & Burritos or Enchiladas	Stir Fry (optional sweet & sour sauce)	Griddled Cheese or Egg Salad Sandwiches	Halushki or Pierogies
	Raw Tomato Soup	Courgette 'pasta' w/ red sauce		Mexican veg in collard leaf wrap	Sweet & Sour Veg	Raw Egg salad on Collard leaves	
<b>Week 5</b>	Creamy Broccoli Soup	Pesto Pasta	Mashed potatoes, gravy, cream veg	Curry (Korma) & Rice	Chinese Dumplings with soup & rice	Pizza	Macaroni & Cheese
	Raw Broccoli Soup	Courgette 'pasta' w/ pesto	Green Bean Casserole	Coconut curry	Raw dumplings	Salad w/ mango dressing	