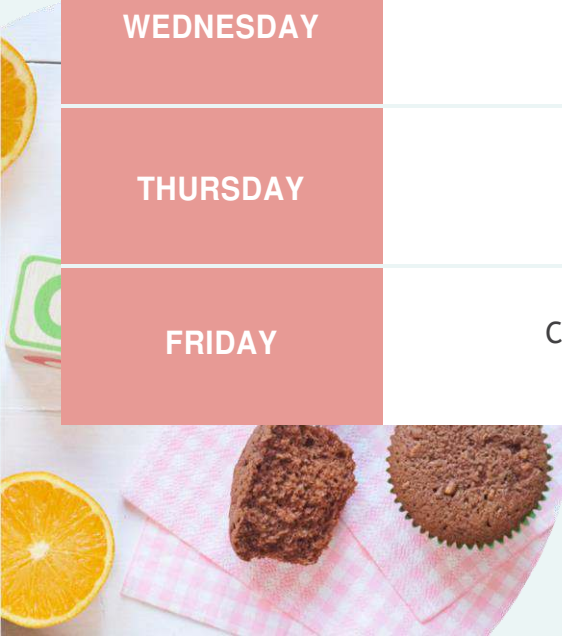


Three-Week Vegetarian Lunch Menu

WEEK ONE

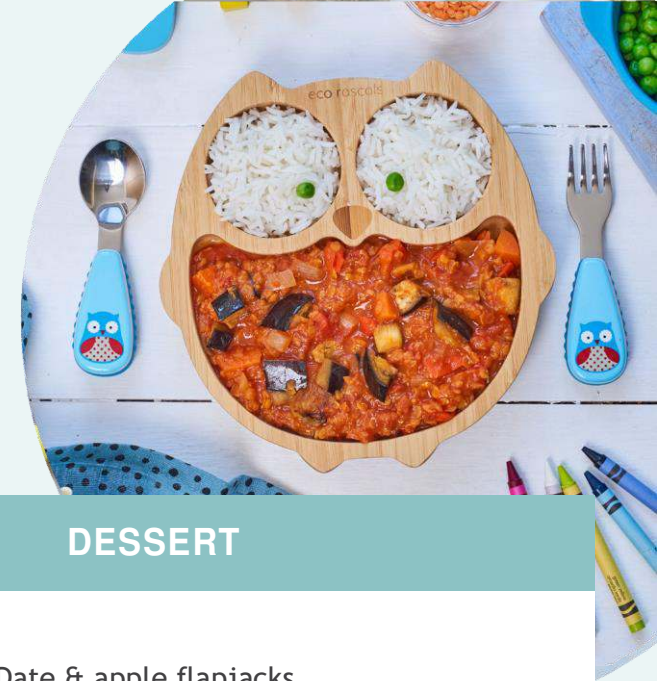


DATE	MAIN	DESSERT
MONDAY	Italian lentil ragu <i>Served with basmati rice</i>	Orange & chocolate cake
TUESDAY	Roasted butter beans with a broccoli & pea pesto <i>Served with egg-free noodles</i> <i>Side of fresh raw veggies</i>	Strawberry yoghurt
WEDNESDAY	Tasty veggie pasta bake with sweetcorn	Apple & raisin flapjacks
THURSDAY	Mild vegetable tikka masala <i>Served with basmati rice</i> <i>Side of fresh raw veggies</i>	Fresh fruit
FRIDAY	Creamy mixed bean & mushroom stroganoff <i>Served with crunchy potatoes</i>	Cinnamon & vanilla forest fruit compote



Three-Week Vegetarian Lunch Menu

WEEK TWO



DATE	MAIN	DESSERT
MONDAY	Lovely lentil & chickpea dhal <i>Served with herby couscous</i>	Date & apple flapjacks
TUESDAY	Scrummy veggie chilli con carne with lentils <i>Served with basmati rice</i> <i>Side of fresh raw veggies</i>	Peach yoghurt
WEDNESDAY	Best-ever butter bean & leeks with carrots in a creamy sauce <i>Served with mildly spiced paprika potatoes</i>	Juicy courgette and carrot cake
THURSDAY	Cherubs cannellini powder <i>Served with yellow rice</i> <i>Side of fresh raw veggies</i>	Fresh fruit
FRIDAY	Yummy vegetable chow mein <i>Served with egg-free noodles</i>	Beetroot & chocolate cake

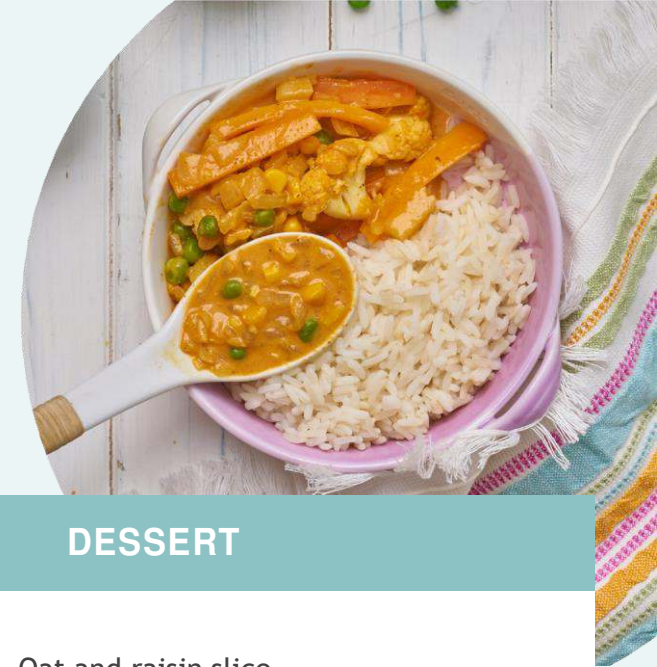
The Yum Yum Food Company with Annabel Karmel

0203 302 6920

yummyfoodcompany.co.uk | info@yummyfoodcompany.co.uk

Three-Week Vegetarian Lunch Menu

WEEK THREE



DATE	MAIN	DESSERT
MONDAY	Fruity vegetable curry with chickpeas <i>Served with basmati rice</i>	Oat and raisin slice
TUESDAY	Mango butter beans with carrots & sweetcorn <i>Served with couscous</i> <i>Side of fresh raw veggies</i>	Fruit yoghurt
WEDNESDAY	Hungarian veggie goulash with butter beans <i>Served with diced potatoes</i>	Fresh fruit
THURSDAY	Favourite veggie Katsu with peppers <i>Served with basmati rice</i> <i>Side of fresh raw veggies</i>	Cranberry flapjacks with Rice Krispies
FRIDAY	Lentil Bolognese with hidden veggies <i>Served with penne pasta</i>	Carrot & apple spice cake

