

SAMPLE MENU

FRIDAY:

Dinner Mexican spiced bean chilli & baked potato
Salad & guacamole

Chocolate brownie

SATURDAY:

Breakfast Freshly baked bread with homemade vegan butter & jam
Fruit, muesli with homemade milk & yoghurt

Lunch Caribbean spiced butternut squash & coconut soup
Sourdough rolls

Dinner Indian spiced dahl & rice
Curried cabbage & naan

Mango sorbet

SUNDAY:

Breakfast Freshly baked bread with homemade vegan butter & jam
Fruit, muesli with homemade milk & yoghurt

Lunch Moroccan spiced tabouleh
Hummus & pitta bread

Dinner Vegan Cornish pasty
Sweet potato fries & coleslaw

Shortbread & ice cream

MONDAY:

Breakfast Freshly baked bread with homemade vegan butter & jam
Fruit, muesli with homemade milk & yoghurt

Coffee, tea & fruit are available throughout the day – help yourself!