NOURISH

Week 1

Monday

Chicken Pie



Pesto & Pea Pasta



Tuesday

Beef Bolognaise Pasta Bake



Vegetable Chilli Skins



Wednesday

Roast Chicken & Gravy



Cheese & Potato Pie



Thursday

Margherita Pizza



Black Bean Jambalaya



Friday

Chicken Nuggets



Cheese & Tomato Pinwheel



NOURISH

Week 2

BBQ Chicken





Pesto & Pasta Bake

Tuesday

Tomato & Broccoli Pasta



Buffalo Cauliflower Wings



Wednesday

Roast Chicken



Vegan Cowboy Hotpot



Thursday

Beef Stew & Dumplings



Herby Tomato Spaghetti



Friday

Salmon Fish Cake



Margherita Pizza



NOURISH
Week 3

Monday

Macaroni Cheese

Red Pepper & Bean Masala



Tuesday

Chicken Noodles

Bbq Wrap Stack





Wednesday

Chicken Sausage

Quorn Sausage





Thursday

Minced Beef

Herby Tomato Pasta





Friday

Fish Fingers

Cheese & Bean Burrito



