

VEGETARIAN MEN

WEEK 3

MONDAY AS MENU

TUESDAY AS MENU

WEDNESDAY VEGGIE CURRY & RICE/NAN BREAD

THURSDAY VEGGIE BAKES

FRIDAY VEGGIE SAUSAGE

WEEK 4

MONDAY VEGGIE PASTA /GARLIC BREAD

TUESDAY VEGGIE WRAP

WEDNESDAY VEGGIE BURGER

THURSDAY CAULIFLOWER AND VEG CHEESE

FRIDAY VEGGIE NUGGETS

WEEK 1

MONDAY VEGGIE PASTA BAKE

TUESDAY AS MENU

WEDNESDAY VEGGIE CURRY & RICE

THURSDAY VEGGIE BAKE

FRIDAY VEGGIE HOTDOG OR CHEESE & TOMATO PANINI

WEEK 2

MONDAY VEGGIE BALLS

TUESDAY VEGGIE BOLOGNAISE

WEDNESDAY VEGGIE CURRY & RICE

THURSDAY VEGGIE BAKES

FRIDAY VEGGIE BURGER