



Monday February 2

Piri Piri Chicken

(v) Stuffed Peppers Brown rice, roasted vegetables, Mozzarella Cheese
Herb Potatoes & Broccoli Fennel Sauté

Tuesday February 3

Santa Fe Chicken Pasta

(v) Santa Fe Cremini Spinach Pasta
Cilantro Garlic Bread

Wednesday February 4

Garlic Prawns

Large gulf prawns, garlic, sherry & fresh herbs in a rich tomato broth

(v) Spanish Style Tofu & Vegetables

Tofu, garlic, sherry, fresh herbs, & vegetables in a rich tomato broth

Dirty Rice & Spinach Sauté

Thursday February 5

Chicken Parmesan

Italian breadcrumb crusted chicken breast, marinara, parmesan, mozzarella, & fresh herbs

(v) Eggplant Parmesan

Italian bread crumb crusted eggplant, marinara, parmesan, mozzarella, & fresh herbs

Rice Pilaf & Asparagus

Friday February 6

Moroccan Beef Satay

Marinated grilled flank steak kebab

(v) Moroccan Chickpea Purse

Chickpeas and roasted vegetables wrapped in flaky puff pastry

Cous Cous Salad & Ginger Carrots