

**Jan-13**

Day	Date	Breakfast & Lunch	Dinner & Dessert
Tuesday	1		
Wednesday	2		
Thursday	3		
Friday	4		
Saturday	5		
Sunday	6		
Monday	7	Veg. soup	Veggie Pie
Tuesday	8	leftover vegie pie baked and fruit	Salmon poached in spinach/red pepper/mushroom/ spice,
Wednesday	9	Left over veg pie and fruit	Left over poached salmon.
Thursday	10	Salad - avocado, red pepper, olives, apple, olive oil goat fetta cheeze	Veg. Pizza, withhomemade pizza dough, brussels sprout, red onion, garlic, green olives, red pepper, sundried tomato, goat feta cheeze, blue cheeze,.
Friday	11	Left over pizza and fruit	Baked pressed crunchy baked potato, salmon, baked squash, brown rice for alasdare
Saturday	12	Homemade bread with sundried tomato, cream cheeze and olives and fruit	Potato- Leek- Cauliflower Soup
Sunday	13	Homemade bread with sundried tomato, cream cheeze and olives and fruit	Tofu cooked in tomato chunks + brown rice
Monday	14	Potato Leek soup with homemade bread and fruit	Left over tofu cooked in tomato chunks + brown rice
Tuesday	15	Potato leek soup, homemade bread + tapas and fruit	Veg. curry
Wednesday	16	Business Luncheon ( free lunch)	Baked Salmon, salad
Thursday	17	Homemade bread, cheeze tapas and fruit	Vegitarian spaghetti
Friday	18	Left over veg spaghetti , homemade bread and fruit.	Pizza with home made dough
Saturday	19	Left over pizza	Baked Salmon, white rice, left over pea salad.
Sunday	20	Lunch= fruit, bread, cheeze, tapas	Shrimp/ mushroom Congee, homemade wonton. Baked Homemade dried apple (Not ready for 7 days)
Monday	21	Breakfast= Homemade toast, fruit, glass of milk salmon, white rice, salad....	Lunch= Congee, homemade wonton
Tuesday	22	Breakfast=Homemade toast, fruit, glass of milk over Congee, homemade wonton,	Lunch= Left Cuban black beans with brown rice, Dessert= chocolate mousse (homemade)
Wednesday	23	Breakfast = homemade coffee cake with fruit and milk; Congee, shrimp cooked in garlic and sundried tomato.	Lunch= Left over Cuban black beans with brown rice, Crispy Popcorn shrimp in tempura batter
Thursday	24	Breakfast = homemade coffee cake with fruit and milk.. Cuban black beans with brown rice, Crispy Popcorn shrimp in tempura batter	Lunch= Chinese Fried rice. Dessert= homemade earl grey tea biscuits
Friday	25	Left over fried rice, fruit, coffee cake.	Pop Corn shrimp, White rice, black bean salad, brussel sprout sauted in garlic. Dessert = homemade earl grey tea biscuits.
Saturday	26	Business Luncheon= Free,	spaghetti in alfredo sauce with veg and shrimp, Dessert = homemade earl grey tea biscuits
Sunday	27	Left over spaghetti in Alfredo sauce with veg and Shrimp + Fruit;	Martha Stewarts Spicy Black bean soup with Homemade Corn bread. Dessert = homemade earl grey tea biscuits and homemade dried apples *** WE cooked in advance: Slow Cooked Vegetarian sweet potato chilli***
Monday	28	Left over Martha Stewart's spicy black bean soup with Homemade Corn Bread + Fruit ;	Vegetarian sweet potato chilli with Brown rice , Dessert = homemade earl grey tea biscuits
Tuesday	29	Left over Martha Stewart's spicy black bean soup with Homemade Corn Bread + Fruit ;	Vegetarian sweet potato chilli with Brown rice and homemade tortilla Dessert = homemade earl grey tea biscuits
Wednesday	30	Left over veg Chilli + homemade Tortilla chips ...	Martha Stewarts Mushroom blackbean tortilla Casserole
Thursday	31	Lunch = left over Chilli + homemade Tortilla chips ... *** Breakfast is usually oatmeal unless specified***	Left over Martha Stewarts Mushroom blackbean tortilla Casserole
