VEGAN DIET	WEEK 1			DECEMBER 2012.			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Nut Roast. Bean	Spicy Vegetable Pasty.	Vegetable Sausage.	Vegetable Chilli.	Cauliflower Mexicana	Spicy Vegetable Pasty	Nut Roast & tomato sauce.
	goulash.	Pasta Provencal.	Jacket Potato & Beans	Nut Roast & tomato sauce	Vegetable curry.	Peanut Butter & salad sandwich	Mushroom, Courgette & tomato pasta
Supper	Jacket potato & baked beans.	Vegetable Chilli. Lentil	Lentil & vegetable curry.	Bean Casserole Houmous	Vegetable sausage. Jacket Potato	Mushroom & chick pea risotto.	Vegetable Sausage. Vegetable
	Peanut Butter & salad sandwich	bolognaise	Bean goulash.	Salad	& lentil sauce	Cauliflower mexicana.	curry.

VEGAN DIET

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Vegetable &	Vegetable	Nut Roast.	Lentil	Mushroom &	Lentil &	Nut roast &
	bean cottage	risotto.		bolognaise.	chick pea	vegetable	tomato sauce
	pie.		Jacket potato		risotto.	casserole.	
		Spicy	& baked	Vegetable			Chick pea
	Cauliflower	vegetable	beans	curry	Cauliflower	Vegetable	curry.
	Mexicana	pasty			Mexicana	Sausage	
Supper	Mixed bean	Vegetable	Peanut butter	Nut roast.	Bean	Vegetable	Lentil
	curry	sausage.	& salad		goulash.	curry.	bolognaise.
			sandwich	Spicy		-	_
	Lentil	Houmous		vegetable	Houmous	Peanut butter	Jacket potato
	Bolognaise	salad	Vegetable	pasty.	salad	& salad	& baked
			chilli			sandwich	beans.

LOW SODIUM		WEEK 1		DECEMBER 2012			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Cottage pie & gravy	Roast turkey Vegetable &	Fish portugaise	Chicken casserole.	Vegetable curry	Shepherds pie	Chicken breast & gravy
	Bean goulash	lentil casserole	Beef casserole.	Nut roast & tomato sauce	Poached fish & tomato sauce	Plain omelette	Nut roast
Supper	Low salt Soup	Low salt Soup	Low salt Soup	Low salt Soup	Low salt Soup	Low salt Soup	Low salt Soup
	Egg/fish/meat (not ham) Sandwich						

LOW SODIUM		WEEK 2					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Pork chop	Chicken curry	Chicken a la	Beef	Poached fish	Chicken a la	Roast Pork
			king	casserole	& tomato	king	
	Lentil &	Pork chop,			sauce		Nut Roast.
	vegetable	apple sauce	Nut roast	Lentil &		Plain	
	cottage pie	& gravy		vegetable	Cauliflower	omelette.	
	with sauce			curry	Mexicana		
Supper	Low salt	Low salt	Low salt	Low salt Soup	Low salt Soup	Low salt Soup	Low salt Soup
	Soup	Soup	Soup				
	Egg/fish/meat						
	(not ham)						
	Sandwich						