



# Enhanced Lunch or Dinner

**MUSHROOM, COURGETTE AND TOMATO FRITTATA**

**JACKET POTATO WITH TUNA & SPRING ONION, RADDISH AND COTTAGE CHEESE**

**CELERIAC AND APPLE SOUP**

**HUMMOUS, PITTA BREAD AND ROASTED VEGETABLES**

**POACHED EGG WITH AVOCADO ON TOAST**

**COLD CHICKEN AND AVOCADO SALAD**

**APPLE, CELERY, WALNUT AND BEETROOT SALAD**

**TINNED MACKEREL ON TOAST WITH SPINACH OR ROCKET**

**ROAST SALMON, SWEET POTATO WITH ANY ROASTED VEG, CARROTS AND SPINACH**

**ANY STEAMED WHITE FISH WITH ROASTED BUTTERNUT SQUASH AND ANY FROZEN VEG**

**CHILLI CON CARNE WITH RICE AND BROCCOLI**

**CHICKPEA CURRY WITH ONION, GARLIC, COCONUT MILK AND SPRINKLED ALMONDS**

**ROAST CHICKEN WITH ROAST POTATOES, PARSNIPS, CARROTS AND CABBAGE**

**BEEF STEW WITH ONION, LEEK, CARROTS, MUSHROOMS, POTATOES AND ANY GREEN VEG**

**TOP TIPS: SAVE LEFTOVER TEA FOR NEXTDAY LUNCH OR MAKE BIGGER PORTIONS TO SAVE TIME**

**BBCGOODFOOD WEBSITE IS A GOOD RESOURCE FOR SIMPLE QUICK RECIPES**

