

Low Gi Menu

February

Monday, 01 February 2021	Tuesday, 02 February 2021	Wednesday, 03 February 2021	Thursday, 04 February 2021	Friday, 05 February 2021
Pork Roast & Gravy with Herbed Veggie Rice and Ratatouille L/GI	Beef Stir-Fry with Feta & Peppadews on Butternut Julienne L/GI	Beef Cubes in Ratatouille with Brown Rice, Roasted Butternut & Feta L/GI	Chicken & Baby Marrow Stir-Fry with Veggie Rice L/GI	Cheese Russian with Creamy Feta Roasted Sweet Potatoes and Beetroot Salad L/GI
Monday, 08 February 2021	Tuesday, 09 February 2021	Wednesday, 10 February 2021	Thursday, 11 February 2021	Friday, 12 February 2021
Roast Beef with Sweet Potato Bake, Carrot & Pine Salad L/GI	Chicken, Halloumi, Tomato & Olive Stir-Fry with Butternut Julienne L/GI	Lamb Stew with Veggie Rice & Copper Penny Salad L/GI	Hawaiian Sweet Chilli Chicken Kebabs, Rosemary Roast Sweet Potatoes & Beetroot Salad L/GI	Deboned Pork Rib with Pepper Sauce, Cajun & Feta Sw/Potatoes, Tomato & Olive Baby Marrows L/GI
Monday, 15 February 2021	Tuesday, 16 February 2021	Wednesday, 17 February 2021	Thursday, 18 February 2021	Friday, 19 February 2021
Roast Chicken Breast with a Smokey Mushroom Sauce, Cauli Rice & Sweet Butternut L/GI	Beef Ratatouille with Rosemary L/Carb Mash & Broccoli Salad L/GI	Italian Meatballs with Savoury Quinoa and Sweetcorn Salad L/GI	Chicken & Bacon Kebabs with Savoury Wild Rice Salad & Three Bean Salad L/GI	Breadless Feta & Mushroom Burger, Fried Spinach & Coleslaw L/GI
Monday, 22 February 2021	Tuesday, 23 February 2021	Wednesday, 24 February 2021	Thursday, 25 February 2021	Friday, 26 February 2021
Grilled Chicken with BBQ Onion, Creamy Spinach & Sweet Potato Salad L/GI	Chicken and Spinach L/Carb Lasagne with Roast Broccoli & Cauliflower L/GI	Creamy Chicken & Bechamel Sauce (Egg) Pancakes with Grated Cheddar L/GI	Hake Sorento (Fried Mushroom, Tomato, Olives & Mozzarella) with Creamy Broccoli & Sw-Potato Bake L/GI	Chicken Cacciatore with Herbed Veggie Rice and Savoury Sweetcorn L/GI

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