

2023

Breakfasts:

Kale salad with onion soup
Flaxseed bread with pate, and mushrooms/beetroot
Egg fried rice using cauliflower rice

Lunches

We batch cook and freeze some of these:

Rosemary and Lamb Casserole
Gammon and Coleslaw
Liver stroganoff with red cabbage.
Pork loin with coconut creamed spinach
Nuttty pad Thai
Lentil curry with pitta breads
Peanut butter wraps

All lunches finish with kiwi and banana

Supper

Greek yoghurt with chia seeds
Mixed berries from freezer

Night food

Sauerkraut
Carrots
Gummies
Cottage cheese with lentils or Sorghum porridge