

Chef's Healthy Monday

14th January	Hearty Turkey Meatballs with Wholemeal Pasta	298 calories
21st January	Mediterranean Vegetable Ratatouille	228 calories
28th January	Lamb Stew with Steamed Green Beans	290 calories
4th February	Baked Turnip and Sweet Potato Pancakes with Mixed Tossed Salad	154 calories
11th February	Chicken Marsala with Brown Rice	365 calories
18th February	Savoury Salmon Hash	302 calories
25th February	Buckwheat-Crusted Cajun Chicken with Lightly Spiced Cauliflower	379 calories
4th March	Gruyere, Mushroom and Sundried Tomato Pizza	185 calories
11th March	Vegetable Red Thai Curry with Boiled Rice	238 calories
18th March	Ricotta and Rocket Pasta Pockets	440 calories
25th March	Moroccan Turkey Meatballs with Citrus Couscous	348 calories