

Whole Food Plant Based Programme Sample Menu

Monday

Lunch

Tomato Mixed Beans Stew with Wholemeal Pasta, Sauté Green Peas

Dinner

Peri Peri Tofu Steaks with Roasted Potatoes, French Beans & Carrot, Coriander Leaf



Tuesday

Lunch

Gong Bao Shitake & Oyster Mushrooms with Brown Rice, Spicy Eggplant & Garlic Choy Sum, Cashew Nuts

Dinner

Basil Crushed Tofu, Lentils & King Oyster Mushroom with Rice Noodles, Shredded Cucumber & Carrot, Red Chilli



Wednesday

Lunch

Baked Turmeric Tempeh with Basmati Rice, Roasted Portobello Mushroom, Cucumber, Chilli Sauce, Roasted Peanuts

Dinner

Veggie Pattie, Avocado Fritter with Mixed Salad, Tomato, Baked Pumpkin, Honey Citrus, Pomegranate, Mixed Nuts

Thursday

Lunch

Tom Yam Soup base, Thai Tofu Spinach & Oyster Mushroom with Brown Rice Noodles, Beansprouts & Long Beans, Red Chilli, Thai Basil leaf, Mint Leaf, Lime Wedge

Dinner

Herb Baked Butter Beans with Spaghetti Aglio Olio, Roasted Herb Veggies with Tomato



Friday

Lunch

Lemongrass Baiye & Wood Ear Fungi with Brown rice, Stew Tofu with Bittergourd & Red Capsicum

Dinner

Coconut Curry Mixed Chickpeas & Lentils with Quinoa, Yellow Sweet Potato and Cauliflower, Cashew Nuts, Lime Wedge

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Monday

Lunch

Greek Salad with Pickled Tempeh, Locally Sourced Vegetables, Olives & Pickled Cabbage

Dinner

Ragu with Gluten-Free Pasta & Impossible Mince, Roasted Vegetables & Parmesan



Tuesday

Lunch

Tomato Salad with Lentils, Assorted Tomatoes, Buffalo Mozzarella, Pickled Shallots, Red Radish, Basil, Sunflower Seeds & Pesto

Dinner

Sri Lankan Curry & Coconut Brown Rice, Roasted Cauliflower, Steamed Carrots, Lady Finger, Sunflower Seeds & Toasted Spiced Coconut



Wednesday

Lunch

Poke Bowl with Wasabi & Avocado Sauce, Spiced Pickled Cauliflower, Edamame beans, & a Sprinkling of Powdered Seaweed

Dinner

Chinese Braise with Wolfberry & Marinated Tofu, Shimeji Mushrooms, Finely Shredded Spring Onion & Chilli, & Steamed Brown Rice



Thursday

Lunch

Kimchi Salad with Korean Dressing & Roasted Tofu with Fermented Cabbage & Carrots Topped with Fresh Green Beans served with a Spicy Gochujang Dressing

Dinner

Tempeh with Steam Roasted Sweet Potato, Mushy Peas & Steamed Sugar Snaps, served with Homemade Tartar Sauce



Friday

Lunch

Rustic Lentil Soup with Tofu Cubes & Hand Cut, Pan Roasted Fresh Vegetables, White Beans, Carrot, Onion, Celery, Leek, Thyme, Seeds, & Tomato Based Stock

Dinner

Grilled Tempeh with Silky Smooth Pumpkin Puree, 5-spice Aromatic Glaze, & Torched Clementine, with Potato Fondant, Pak Choi & Braised Shallot

