



4 WEEK ROTATIONAL VEGAN MENU

Week 1

MONDAY

Red kidney bean and butternut curry served with basmati rice

TUESDAY

Tortilla filled with Mexican-style bean salsa served with a fresh salad

WEDNESDAY

Mediterranean roast veg roti with sun dried tomato and basil

THURSDAY

Asian-style veg stir fry with rice

FRIDAY

Lentil and mushroom spaghetti bolognese topped with fresh parsley

Week 2

MONDAY

Sun dried tomato risotto served with a fresh salad

TUESDAY

Rich tomato and caper linguini topped with fresh parsley

WEDNESDAY

Coconut veg curry served with rice

THURSDAY

Aubergine and tomato bake served with a fresh salad

FRIDAY

Penne pasta with olive oil, fresh herbs, roasted butternut, sun dried tomato and chickpeas

Week 3

MONDAY

Lentil and mushroom spaghetti bolognese topped with fresh parsley

TUESDAY

Mediterranean veggie wrap with hummus, roast veg and sun dried tomato

WEDNESDAY

Spinach sun dried tomato and sauteed mushroom penne

THURSDAY

Mediterranean lentil salad

FRIDAY

Rich tomato penne with sauteed mushrooms

Week 4

MONDAY

Home Food Deli's veggie curry with basmati rice

TUESDAY

Roasted veg and cous-cous salad with toasted seeds

WEDNESDAY

Mushroom risotto served with a fresh side salad

THURSDAY

Lentil and butternut bobobtie with turmeric rice

FRIDAY

Rustic roast veg salad with balsamic onions

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