



BIG LOVE KITCHEN MENU

WEEK 1

MON

Peri Peri Chicken &
Coconut Rice
or
Pasta Bake (v)

TUES

Beef Burger or
Veggie Burger (v)
Served with wedges

WED

Beef Curry with Rice
or
Cheese & Tomato Pizza
with wedges (v)

THUR

Chicken Curry with Rice
or
Mac n Cheese with
garlic bread (v)

FRI

BBQ Chicken Pasta Bake
or
Jacket Potato with
cheese & beans

SAT

Spaghetti Bolognese
(beef or veggie)

SUN

Chicken or vegetable
noodles



BIG LOVE KITCHEN MENU

WEEK 2

MON

Chicken Sausages or
Veggie Sausages
served with chips and
beans

TUES

BBQ Chicken or
Vegetarian wrap
Served with wedges

WED

Chicken Noodles
Vegetarian Noodles (v)

THUR

Beef Lasagne
or
Jacket Potato with
cheese & beans (v)

FRI

BBQ Chicken Pasta Bake
or
Jacket Potato with
cheese & beans

SAT

Chicken Curry with rice
or
Tomato & basil pasta
bake

SUN

Chicken strips or vegan
popcorn chicken with
chips & beans



BIG LOVE KITCHEN MENU

WEEK 3

MON

Spaghetti Bolognese
(beef or veggie)

TUES

Cheese & Tomato Pizza
with wedges
or
Egg Fried Rice

WED

Cajun Chicken with Rice
or
Jacket potato with
cheese & beans (v)

THUR

Chicken or vegetable
noodles

FRI

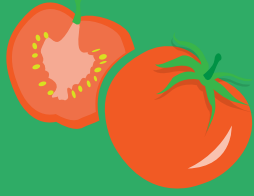
Beef Burger or
Veggie Burger (v)
Served with wedges

SAT

Jerk Chicken with
Coconut rice
or
Mac n Cheese

SUN

Chicken strips or vegan
popcorn chicken with
chips & beans



BIG LOVE KITCHEN MENU

WEEK 4

MON

Tuna Pasta Bake
or
Jacket potato with
cheese & beans

TUES

BBQ Chicken with Jollof
Rice
or
Mac n Cheese with
Garlic bread

WED

Beef Lasagne
or
Jacket Potato with
cheese and beans

THUR

Chicken strips or vegan
popcorn chicken with
chips & beans

FRI

Cajun Chicken with
Jollof Rice
or
Vegetarian Strips with
jollof rice

SAT

Sweet & Sour Chicken
with rice
or
Cheese & Tomato Pizza

SUN

Chicken nuggets or
vegan nuggets chicken
with chips & beans