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| Mon | Tues | Weds | Thurs | Frid |
| Quick Broccoli pasta (v)  *https://bbc.in/2NJZMMt* | Sausage Casserole  *https://bit.ly/2NP5WdZ* | Slow cooker chickpea Tagine (V) | Chicken and Cheese quesadillas | *Curry night*  *https://bbc.in/2WQa7uv* |
| * Penne pasta * 1 onion * ! garlic clove * 125g cherry tomatoes * 1tbs oil * Pinch of chilli flakes * 75g Cream cheese * S&P | * Veg oil * Sausages * 1 onion * 2 garlic cloves * ½ tsp g cumin * ½ tsp g coriander * 400g tin chopped tomatoes * 400g tin haricot beans * Veg stock pot * 1 tbsp mango chutney * 250g frozen butternut squash * 125g spinach * 15g fresh parsley | *https://bbc.in/2PZpbEm*   * 400g chickpeas * 1 red pepper * 1 onion * 1 small butternut squash * 2 courgettes * 12 dried apricots * 2 tbs oil * 2 garlic cloves * 2 tsp paprika * 1 tsp g ginger * 1 tsp cumin * 2 tsp honey * 1 tsp harissa paste * Handful fresh coriander * Greek yogurt to serve | *https://bbc.in/2Ch2bc4*   * 1 yellow, green and red pepper * 1 small mango * 8 cherry toms * 3 spring onions * 1 lime juice only * Chicken breast * 4 flour tortillas * 150g cheddar * Sour cream and guacamole | * Chicken breast  For the marinade½ lemon juice only5cm root ginger4 garlic cloves2 tbs madras powder2 tbsp paprikaSaltGreek style yogurtFor the curry sauce1 tbs sunflower oil2 onions  * 2 large garlic cloves, grated * 2.5cm piece fresh root ginger finely grated * 1 tsp ground tumeric * 2 tsp ground paprika * 2 tsp ground coriander * 1 tbs tomato puree * 400g tin chopped tomatoes * 1 large red pepper * 1 large green pepper * cored * 150g/ plain yogurt * 2 tbsp finely chopped coriander * sea salt and freshly ground pepper |