

# Eat them to defeat them 2022

**Veg power is back for another year.** At lunchtime each day one of the themed vegetables below will be available as part of your daily menu choice or an additional taster for that day.

**Can you eat them to defeat them?**

## Week 1 28 February

### Carrots

**Monday**  
**Tuesday**  
**Wednesday**  
**Thursday**  
**Friday**

Lentil and carrot soup  
Carrot batons  
Carrot and raisin salad  
Mashed carrots  
Carrot and orange sponge

## Week 3 14 March

### Broccoli

**Monday**  
**Tuesday**  
**Wednesday**  
**Thursday**  
**Friday**

Broccoli cheese  
Broccoli florets  
Broccoli bake  
Broccoli and sweetcorn  
Broccoli soup

### Peppers

## Week 2 7 March

**Monday**  
**Tuesday**  
**Wednesday**  
**Thursday**  
**Friday**

Pepper and sweetcorn salad  
Pepper pizza  
Pepper rice  
Arrabiata and pepper pasta  
Pepper batons

## Week 4 21 March

### Tomatoes

**Monday**  
**Tuesday**  
**Wednesday**  
**Thursday**  
**Friday**

Pizza and tomato pasta  
Ratatouille  
Tomato soup  
Tomato and cucumber salad  
Tomato wedges

## Week 5 28 March

### Peas

**Monday**  
**Tuesday**  
**Wednesday**  
**Thursday**  
**Friday**

Curry with pea and onion rice  
Split pea soup  
Sugar snap peas  
Boiled peas  
Mushy peas

the goFresh club



If you need this information in another language or format, please contact us to discuss how we can best meet your needs. Phone: 0303 123 1015 Email: [equalities@southlanarkshire.gov.uk](mailto:equalities@southlanarkshire.gov.uk)

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