

# SEASONAL MEAL PLANNER

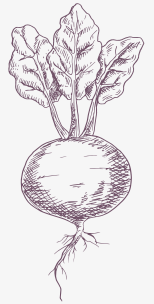
Our planet is an amazing thing. It produces enough food to feed and nourish every person on it plus more besides. The problem is that it is not equitably shared out, and nearly one-third of all food produced annually is squandered or spoiled before it can be consumed.

A lot of this food waste occurs within our own homes when we forget about food at the back of the cupboard or fridge for too long and then must throw it away. It's hard to fathom, but today, 811 million people don't know where their next meal is coming from while tons of perfectly edible food rots in landfills and poor storage containers.

Reducing food waste and losses is key to ending global hunger, fighting climate change, and fostering healthy food systems – and every person can be part of the solution. So how can we help? Knowledge is key and by being aware of what is happening and by supporting the organisations trying to stop it, we can help reduce the waste.

## WHAT'S IN SEASON IN OCTOBER?

FRUIT	SALADS	HERBS	VEGETABLES		
Apples	Celery	Basil	Aubergines	Chard	Shallots
Autumn Raspberries	Courgettes	Chives	Annual Spinach	Chillies	Pak Choi
Blackberries	Cucumber	Corriander	Beetroot	Fennel root	Parsnip
Pears	Lettuce (Iceberg,	Dill	Broccoli	Kale	Potatoes
	Lollo Rosse, Red	Fennel	Brussel Sprouts	Khol-Rabi	Radish
	Oakleaf, Round)	Mint	Brassica salads	Leeks	Rhubarb
	Peppers	Parsley	Cabbage	Mushrooms	Spinach
	Scallions	Sage	Carrots	Onions	Squash/
	Tomatoes	Thyme	Cauliflower	Garlic	Pumpkins
			Celeriac		



## PEPERONATA

In the restaurant, we serve this with fresh grilled focaccia and candied walnuts



### Ingredients

1 onion – sliced thin  
130g olive oil  
2 large Shallots, sliced  
4 garlic cloves, finely sliced  
30g fresh thyme, picked  
Salt  
Freshly ground white pepper  
2 yellow peppers, seeded, cut into strips  
2 red peppers, seeded, cut into strips  
2 small red chillies, chopped  
2 tbsp white wine vinegar

### Method

- Heat oil in a heavy-based saucepan. Add shallots, garlic and thyme, season and cook gently until soft, about 10 minutes.
- Add peppers and chilli and cook for 15 minutes, stirring regularly.
- Add one tbsp vinegar and simmer until thick and saucy. Add remaining vinegar.
- Adjust seasoning and serve.

# WEEKLY MENU PLAN

DATE \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

Each week review your plan Will you cook the meal again? ✓ or ✗

## SHOPPING LIST

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Share your food journey with our  
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#AvoidFoodWaste



Total cost of food \_\_\_\_\_

Buy more of \_\_\_\_\_

Buy less of \_\_\_\_\_