



THIS WEEK

MONDAY

Lamb Shawarma

OR

Warm Falafel Wrap (vg)

TUESDAY

Korean Fried Chicken

OR

Sweet 'n Sour Tofu (vg)

All with Rice Noodles, Spring Onion & Beansprouts

WEDNESDAY

Chunky Chilli Beef

OR

Chilli Bean (vg)

All with Cumin Rice & Fixings

THURSDAY

Shepherd's Pie with Grilled Hispi
Cabbage

OR

Roasted Root Vegetable & Lentil Pie,
Grilled Hispi & Gravy (v)

FRIDAY

Planted Chicken Jalfrezi (vg)

OR

Planted Wok Stir Fry (vg)

OR

Planted Flat Taco (vg)

SALAD COUNTER

Herb Roasted Chicken

Grilled Salmon with Harissa

Vegetable Spring Roll with Peanut
Sauce (v)

Tabbouleh

Maple Glazed Heritage Carrot & Pecan
(v)

Butterbean with Roasted Pepper &
Chilli (vg)

Classic Caesar Salad (v)

GRAB 'N GO

Chicken Shawarma Wrap

Grilled Halloumi

& Roasted Red Pepper Wrap (V)

Smoked Ham & Cheese Focaccia

Tuna & Sriracha Melt

Goats Cheese & Chilli Jam

Focaccia (V)