

THIS WEEK



MONDAY

Main

Planted Pulled Pork Enchiladas
Salad

OR

Cauliflower Steak With
Pineapple and Chilli Salsa

Green Beans with Roasted Red
Onion and Toasted Sesame
Seeds and Chilli

Protein

Falafel With Pickled Red
Cabbage & Tahini Dressing

WEDNESDAY

Main

Lemongrass Chicken Banh Mi

OR

Sweet Chilli Tofu Banh Mi

Shaved Fennel with Cucumber and
Dill

Protein

Herb Roast Chicken

FRIDAY

Main

Beer Battered Haddock with Chips and
Mushy Peas

OR

Buttermilk 'its not chicken' with Chips and
Slaw

TUESDAY

Main

Meatball Al Forno

OR

Mushroom and Garlic Pasta Al Forno

Jerusalem Artichoke, Brown Rice, Chervil
and Mustard

Protein

Vegetable Gyoza with Sweet Chilli

THURSDAY

Main

Pork and Apple Sausage and Mash

OR

Noausage and Mash with Crispy Onion and
Gravy

Roasted Sweet Potato, Cauliflower, Coconut
& Lime Dressing

Protein

H&H Falafel with Pickled Red Cabbage and
tahini Dressing