

THIS WEEK

MONDAY

Main

Chilli Paneer served with Pilaf Rice
OR
Cauliflower Steak with Tomato & Basil
Concasse

Protein

Harissa Baked Cauliflower

Salad

Sweetcorn Salad with Green Beans &
Hazelnut

Soup

Mushroom & Thyme

WEDNESDAY

Main

Shepherd's Pie
OR
Grocer's Pie served with Steamed Spring
Greens

Protein

Falafel, Pickled Red Cabbage & Hummus

Salad

Steamed Broccoli, Pickled Ginger &
Toasted Sesame Seeds

Soup

Roasted Harissa Carrot & Chickpea

FRIDAY

Main

Beer Battered Haddock
OR
Beer Battered Banana Blossom
Served with Tartar Sauce, Mushy Peas &
Chunky Chips

Protein

Grilled Salmon with Lemon Dressing

Soup

Tomato & Basil



TUESDAY

Main

Sweet Chilli Chicken Bahn Mi
OR
Miso Grilled Tempeh Bahn Mi
Served with Pickled Asian Slaw

Protein

Grilled Courgette Stuffed with Feta & Herb
Crumb

Salad

Grilled Watermelon, Cucumber & Feta

Soup

Chilli Bean

THURSDAY

Main

Turkey Katsu
OR
Sweet Potato Katsu served with Sticky Rice

Protein

Miso Grilled Aubergine with Pomegranate &
Soy Yogurt Dressing

Salad

Heritage Roasted Carrot with Toasted
Walnuts & Baby Spinach

Soup

Broccoli & Stilton

THIS WEEK

Classic

Hot Wrap, Homemade Sourdough Focaccia,
Filled Croissant

Sides

Caesar
Coleslaw