

THIS WEEK

MEAT - FREE MONDAY

HOT MAIN

This Isn't Chicken Enchilada
served with Fries

Or

Stuffed Aubergine Imam
Bayildi

SALAD OF THE DAY

Kachumber

TUESDAY

HOT MAIN

Crispy Chilli Beef

Or

Mapo Tofu served with Chop Suey Noodles
& Stir Fried Vegetables

SALAD OF THE DAY

Panzanella

WEDNESDAY

HOT MAIN

Honey & Mustard Roasted Gammon
served with Fried Egg, Chips &
Grilled Pineapple

Or

Creamy Funghi Pasta Bake

SALAD OF THE DAY

Mixed Bean with Roasted Red
Peppers & Gremolata

THURSDAY

HOT MAIN

Chicken Parmigiana

Or

Aubergine Parmigiana
both served with Rocket, Parmesan &
Roasted Tomato

SALAD OF THE DAY

Waldorf

THIS WEEK'S CLASSICS

SALADS

Classic Caesar

Balsamic Roasted Heritage Tomato with Green
Beans & Put Lentils

New Potato with Spring Onion & Lemon Dressing

PROTEIN

Falafel, Hummus & Pickled Cabbage

Zalmon Sashimi, Soy, Ginger & Sesame
Dressing

Vegetable Samosa & Mango Chutney

Harissa Baked Cauliflower

Harissa Grilled Salmon

Herb Roast Chicken

FRIDAY

HOT MAIN

Beer Battered Haddock

Or

Beer Battered Banana Blossom served
with Chunky Chips & Mushy Peas

Jack's