

— THIS WEEK —

MONDAY

Main

Mac & Cheese, Jalapeno Sourdough
Crumb & 'THIS' isn't Bacon Lardons

Or

Teriyaki Mushroom Bao Bun, Pickled
Cucumber & Siracher Mayonnaise, Nori
Fries

Salad

Baby Gem, Green Beans & Mustard
Vinaigrette

Soup

Leek, Potato & Barley

TUESDAY

Main

Chunky Beef Chilly, Cumin Rice & Fixings

Or

Roasted Red Pepper & Lentil Lasagna,
Pesto Tomato & Rocket Salad

Salad

Kale Caesar

Soup

Lentil, Chickpea Harira

WEDNESDAY

Main

Classic Beef Lasagna, Pesto Tomato &
Green Salad

Or

Sweet Potato & Chickpea Curry,
Fragrant Rice & Fixings

Salad

Maple Roasted Carrots, Carrot Top
Pesto & Toasted Dukkha

Soup

Blackbean Chilli

THURSDAY

Main

Teriyaki Chicken, Asian Noodles & Stir-
Fried Greens

Or

Smoked Chipotle Bean Chilly, Cumin Rice &
Fixings

Salad

Wholegrain Tabbouleh

Soup

Charred Tomato & Wholegrains

FRIDAY

Main

Breaded Pollock or Battered Haddock,
Chips, Mushy Peas & Tartare Sauce

Salad

Maple Roasted Carrots, Carrot Top Pesto &
Toasted Dukkha

Soup

Minestrone

Jack's