

— THIS WEEK

THE *good eating* CO.

MONDAY

Main

Pork & Leek Sausage & Mash, Winter Greens, Gravy & Onion Rings

Or

Roasted Butternut squash & Gnocchi Bake with Tomato Pesto

Salad

Grilled Courgetti, Lemon, Ricotta & Garlic Panko Crumb

Soup

Roasted Squash & Chickpea

WEDNESDAY

Main

Braised Lamb Shoulder Shepards Pie with Steamed Green & Gravy

Or

Winter Root Vegetable & Lentil Pie with Steamed Greens & Gravy

Salad

Kale Ceaser

Soup

Leek & Potato

TUESDAY

Main

Chicken Tinga Burrito with Fixings & Fries

Or

Peri-Peri Halloumi Wrap with Fixings & Fries

Salad

Penne, Spinach & Lemon Pesto

Soup

Tomato & Wholegrain

THURSDAY

Main

GEC Fish Pie with Green Beans & Tender stem Broccoli

Or

Butternut squash & Chickpea Tagine with Warm Tabouleh

Salad

Harissa Roasted Cauliflower, Carrot & Pomegranate

Soup

Curried Cauliflower & Lentil

FRIDAY

Main

Teriyaki Chicken with Fragrant Rice

Or

Roasted Red Pepper & Lentil Lasagna with Pesto Tomato

Salad

Rocket, Parmesan & Tuscan Pinenuts with Olive Oil & Balsamic Dressing

Soup

Broccoli & Stilton

Jack's