

# THIS WEEK

## MONDAY

### Main

Butternutsquash, Chickpea & Spinach Curry  
with Kachumber

Roasted Winter Vegetable & Lentil Hotpot  
with Steamed Greens & Gravy

### Salad

Baby Gem Green Beans & Lemon Dressing

## WEDNESDAY

### Main

Crispy Sweet Chilli Beef with Sticky Rice  
Sweet & Sour Crispy Tofu with Sticky Rice

### Salad

Sweet Potato & Okra

## FRIDAY

### Main

Herb Roasted Chicken  
Roasted Beetroot, Goats Cheese & Dill Tarts

### Salad

Butternutsquash with Toasted Seeds & Tahini Dressing

## TUESDAY

### Main

Gnocchi, Pesto roasted Tomato & Cavalo  
Nero with Rocket Salad

Honey & Mustard Roasted Ham with Fried  
Egg & Chips

### Salad

Ras El Hanout Roasted Carrot With Tahini  
Dressing & Dukkha

## THURSDAY

### Main

Chicken Milanese, Whipped Polenta &  
Caponatta

Aubergine Parmigianna with Pesto Tomato  
& Coleslaw

### Salad

New Potato with Sour Cream & Pickled  
Vegetable