



WEEKLY MENU – 13.05.2024

WEEKLY SALADS

Kale Caesar

Sweet Potato, Okra & Pickled Red Cabbage

Cauliflower, Lentil & Saffron Yoghurt

WEEKLY SALAD MAIN

Garlic & Herb Roasted Chicken

Harissa Roasted Salmon

Pea & Goats Cheese Frittata

Hummus Stuffed Aubergine with Pomegranate & Mint

DAILY SOUP

Leek & Potato

Carrot & Ginger

Curried Cauliflower

Broccoli & Stilton

Tomato & Wholegrain

MONDAY

HOT MAIN

Cauliflower Steak, Mash
Potato & Golden Raisin
Herb Salsa

VEGGIE HOT MAIN

Mushroom Stroganoff
With Steamed Rice

TUESDAY

HOT MAIN

Roasted Sea Bass,
Crushed Potatoes &
Caper Salsa

VEGGIE HOT MAIN

Mac & Cheese Kale &
Jalapeno Crumb

WEDNESDAY

HOT MAINS

Chicken Madras With
Fragrant Rice

VEGGIE HOT MAIN

Roasted Delica Squash &
Cavolo Nero Gnocchi

THURSDAY

HOT MAINS

Smoked Chipotle Chunky
Chilli Beef & Cumin Rice

VEGGIE HOT MAIN

Smoked Chipotle & Black
Bean Chilli Cumin Rice

FRIDAY

HOT MAIN

Breaded Pollock with Mushy
Peas & Chips

VEGGIE HOT MAIN

Beer Battered Banana
Blossom, Chips & Mushy Peas