



WEEKLY MENU – 17.06.2024

WEEKLY SALADS

Kale Caesar

Beetroot Pomegranate &
Rocket

Shredded Fennel & Rocket

Baby Gem & Lemon Dressing

WEEKLY SALAD MAIN

Falafel with Hummus &
Pickled Red Cabbage

Roasted Jerk Salmon

Herb Roasted Chicken

Vegetable Spring Roll with
Sweet Chilli

MONDAY

HOT MAIN

Beef Rendang, Rice
and Salad

Roasted
Mediterranean
Vegetable Penne
Pasta

TUESDAY

HOT MAIN

Jerk Chicken Leg with
Rice & Peas

VEGGIE HOT MAIN

Sweet Potato, Chickpea
and Coconut Curry with
Rice

WEDNESDAY

HOT MAINS

Vegetable Lasagne

Putanesca

THURSDAY

HOT MAINS

Chicken Madras with

Kachumber Salad

FRIDAY

HOT MAIN

Breaded Pollock with Mushy

Peas & Chips