



WEEKLY MENU – 28.10.2024

WEEKLY SALADS

Caesar Salad

Broccoli, Brown rice and Tahini dressing

Celeriac Remoulade

Fattoush

Broccoli, Brown rice and Tahini

Miso Hispi Cabbage and Aubergine

English Kale and Quinoa, Lemon dressing

Cavolo Nero & Roast Chickpeas

WEEKLY SALAD MAIN

Sweet & Sour Tofu

Grilled Aubergine, hummus & Pomegranate

Roast Pepper Frittata

Honey Glazed Salmon

Herb Grilled Chicken

Hot Smoked Salmon and Dill Yoghurt

Grilled Harissa Chicken Thighs

Sweet potato falafel and red pepper hummus

MONDAY

HOT MAIN
Penne Arabiata, Rocket Salad

TUESDAY

HOT MAIN
Jerk Chicken, Rice & Peas

VEGGIE HOT MAIN
Jerk Jackfruit, Rice & Peas

WEDNESDAY

HOT MAINS
Lamb tagine with cous
cous

VEGGIE HOT MAIN
Red pepper and sweet
potato tagine

THURSDAY

HOT MAINS
Chicken Cacciatore,
Roast New potatoes

VEGGIE HOT MAIN
Sweet Potato &
Chickpea Curry with
Rice

FRIDAY

HOT MAIN
Fish Pie topped with Mash

VEGGIE HOT MAIN
Lentil & Mushroom Pie
topped with Mash