



## WEEKLY MENU – 03.02.2025

### WEEKLY SALADS

Harissa Roasted Cauliflower  
& Carrot

Roast Courgette,  
& Quinoa

Green Chopped  
Salad

Squash & Kale  
Caesar

Mexican Slaw

Rainbow Slaw,  
Cajun Sour Cream  
& Spring Onions

Kachumbar

### WEEKLY SALAD MAIN

Tomato & Ricotta  
Bruschetta

Teriyaki Tofu

Butternut, Feta & Harissa  
tartlett

Jerk Chicken

Chermoula Salmon

Goats cheese and  
Courgette Tartlett

Satay Roasted Chicken,  
Lime Salsa

Sweet Potato falafel, red  
pepper hummus

### MONDAY

#### HOT MAIN

Creamy Mushroom Pasta,  
Lemon Rocket Salad &  
Garlic Bread Knots

### TUESDAY

#### HOT MAINS

Chilli Soy Beef Noodles

#### VEGGIE HOT MAIN

Chilli Soy Tofu Noodles

### WEDNESDAY

#### HOT MAINS

Jerk Chicken, Rice &  
Peas, Mango Slaw

#### VEGGIE HOT MAIN

Jerk Jack fruit & Sweet  
Potato, Rice & Peas,  
Mango Slaw

### THURSDAY

#### HOT MAINS

Chicken Yellow Curry,  
Coconut Rice

#### VEGGIE HOT MAIN

Squash Tempeh Yellow  
Curry, Coconut Rice

### FRIDAY

#### HOT MAIN

Baked Hake with Aubergine  
Caponata & Pesto Orzo