



## WEEKLY MENU – 10.03.25

### WEEKLY SALADS

Caesar Salad

Roast Broccoli & Farro Salad .

Burnt Courgette, Baby Gem & Chilli

Borlotti Beans & Pepper

Mixed Italian Grains with roast Veg

Roast Carrot & Kale with Dukkah

Grilled Aubergine & Saffron Yogurt

Mixed Green Salad

Wholegrain Tabbouleh

### WEEKLY SALAD MAIN

Feta & Spinach Parcels

Grilled Halloumi With roast veg

Jerk Chicken

Grilled Garlic & Herb Chicken Supreme

Teriyaki Salmon

Honey & Lemon Salmon

Hale & Dill Fishcake

Stuffed Aubergine with Hummus

### MONDAY

HOT MAIN  
Mac & Cheese

### TUESDAY

HOT MAINS  
Beef Shin Ragu & Gnocchi

VEGGIE HOT MAIN  
Red Pepper & Lentil Ragu  
with casarecce

### WEDNESDAY

HOT MAINS  
Jerk Chicken with mango  
salsa and rice

VEGGIE HOT MAIN  
Jerk Squash with mango  
salsa and rice

### THURSDAY

HOT MAINS  
Curried Grilled Chicken Thigh  
with pilaf

VEGGIE HOT MAIN  
Tempah & Butternut  
Curry with pilaf

### FRIDAY

HOT MAIN  
Teriyaki Salmon, Roast Broccoli  
& Farro Salad