



WEEKLY MENU – 28.04.25

WEEKLY SALADS

Kale Caesar Salad

Broccoli, Farro & Toasted Almonds

Burnt Courgette, Baby Gem & Chilli

Italian Grains with Roasted Vegetables

Cauliflower, Harissa & Chickpea

Mixed Green Salad

Pasta Genovese

Grilled Aubergine & Saffron Yogurt

WEEKLY SALAD MAIN

Sweet Potato Falafel & Hummus

Harissa Cauliflower Steak with green salsa

Red Pepper and Feta frittata

Grilled Seabass & Green Salsa

Jerk Roast Chicken

Leek, Potato & Cheddar Quiche

Hoi sin salmon

Spinach & Feta Rolls

MONDAY

HOT MAIN

Mushroom & Tarragon Rissotto with Garlic Bread

TUESDAY

HOT MAINS

Hunter Chicken with garlic roasted potatoes

VEGGIE HOT MAIN

Red Pepper & Lentil Ragu with Casarecce

WEDNESDAY

HOT MAINS

Roast Hake with Olive crumb and smokey tomato lentils

VEGGIE HOT MAIN

Aubergine Parmigiana

THURSDAY

HOT MAINS

Chicken & Lentil Dahsakh with Basmati rice and Kachumbar

VEGGIE HOT MAIN

Cavolo Nero and Butternut Gnocchi

FRIDAY

Fish & Chips with Tartare &

Mushy peas