



WEEKLY MENU – 18.08.25

WEEKLY SALADS

Caesar Salad

Roasted Aubergine, Black Tahini
& Giant Cous Cous

Kolarabi Slaw

Kachumbar

Char Grilled Hispi Cabbage with
Chilli & Garlic

Roasted Courgette with Orzo &
Preserved Lemon Pesto

Char Grilled Hispi Cabbage with
Chilli & Garlic

WEEKLY SALAD MAIN

Cauliflower Pakora with
Tomato Chutney

Spanish Tortilla

Grilled Halloumi & Pineapple
Skewers

Roast Butternut & Goats
Cheese Frittata

Grilled Halloumi & Pineapple
Skewers

Chermoula Chicken

Tomato Caponata Bruschetta

MONDAY

Mixed Bean Chilli with
Wedges and guacamole

TUESDAY

HOT MAINS

Crispy Chicken Schnitzle with
Creamy Polenta & Celariac
Remoulade

VEGGIE HOT MAIN

Crispy Fried Aubergine with
Creamy Polenta & Celariac
Remoulade

WEDNESDAY

HOT MAINS

Lamb Ragu Papardelle

VEGGIE HOT MAIN

Lemon Zucchini Pasta

THURSDAY

HOT MAINS

Thai Peanut Chicken Thighs,
Jasmine Rice and Asian salw

VEGGIE HOT MAIN

Thai Peanut Squash,
Jasmine Rice and Asian
salw

FRIDAY

Fish & Chips with mushy peas
and Tartare