



WEEKLY MENU – 08.09.25

WEEKLY SALADS

Caesar Salad

New Potato Salad with Dill & Pickles

Beetroot & Apple Slaw

Fattoush

Greek Salad

Giant Cous cous. Butternut and Almond

Potato, Green Beans and Red Pepper Tapenade

WEEKLY SALAD MAIN

Brie & Squash Tartlett

Spinach & Feta Parcel

Lemon & Herb Roasted Trout

Chermoula Chicken

Sweet potato & Red pepper Falafel with Hummus

Sweetcorn Fritter with Spring Onion Salsa

Honey Mustard Roasted Chicken

Zhoug Salmon

MONDAY

Mushroom & Leek Risotto

TUESDAY

HOT MAINS

Chicken & Red Pepper Tagine with tabbouleh

VEGGIE HOT MAIN

Sweet Potato & Chickpea Tagine with tabbouleh

WEDNESDAY

HOT MAINS

Chunky Beef Chilli with Rice & salsa

VEGGIE HOT MAIN

3 Bean Chilli with mexican rice and salsa

THURSDAY

HOT MAINS

Chicken Goan Curry with Lemon Basmati

VEGGIE HOT MAIN

Sweet Potato & Chickpea Curry with lemon basmati

FRIDAY

Fish & Chips with Mushy Peas & Tartare