



WEEKLY MENU – 13.10.25

WEEKLY SALADS

Caesar Salad

Roasted Aubergine, Black Tahini
& Giant Cous Cous

Roast Celeriac, Spinach &
Saffron Yogurt

Kachumbar

Roasted Courgette with Orzo &
Preserved Lemon Pesto

Char Grilled Hispi Cabbage with
Chilli & Garlic

Fattoush

Asian Slaw

WEEKLY SALAD MAIN

Cauliflower Pakora with
Tomato Chutney

Stuffed Aubergine with
Hummus & Pomegranate

Spanish Tortilla

Cajun Prawn Skewers

Lamb Kofte & Pita

Yuzu glazed salmon

Sweet Potato Falafel Bowl

Chermoula Chicken

MONDAY

Creamy Broccoli Gnocchi

TUESDAY

HOT MAINS

Cottage Pie with Buttered
Greens

VEGGIE HOT MAIN

Lentil Harvester Pie with
Greens

WEDNESDAY

HOT MAINS

Peri Peri Chicken with Spicy
Rice & Tender stem

VEGGIE HOT MAIN

Lemon & Herb Halloumi
with Spicy Rice & Tender
stem

THURSDAY

HOT MAINS

Thai Green Chicken Curry
with Jasmine Rice

VEGGIE HOT MAIN

Thai Green Vegetable
Curry with Jasmine Rice

FRIDAY

HOT MAINS

Fish & Chips with mushy peas
and Tartare