



WEEKLY MENU – 20.10.2025

WEEKLY SALADS

Caesar Salad

Roasted Aubergine,
Black Tahini &
Giant Cous Cous

Kachumbar

Fattoush

Roast Celariac,
Spinach & Saffron
Yogurt

Roasted Courgette
with Orzo &
Preserved Lemon
Pesto

WEEKLY SALAD MAIN

Cauliflower Pakora with
Tomato Chutney

Stuffed Aubergine with
Hummus & Pomegranate

Spanish Tortilla

Chicken Kofte & Pita

Cajun Prawn Skewers

Roast Butternut & Goats
Cheese Fritatta

Yuzu glazed salmon

MONDAY

HOT MAIN
Pasta Puttanesca

TUESDAY

HOT MAINS
Chicken & Leek Pie with
Roasted Potatoes

VEGGIE HOT MAIN
Red pepper & Lentil
Ragu Casarecce

WEDNESDAY

HOT MAINS
Chicken & Apricot Tagine
with Spiced Cous Cous &
Fattoush

VEGGIE HOT MAIN
Jalapeno Mac &
Cheese

THURSDAY

HOT MAINS
Beef Buritto with Cumin
Rice, Guac and Salsa

VEGGIE HOT MAIN
Jackfruit Buritto with
Cumin Rice, Guac and
Sals

FRIDAY

HOT MAIN
Goan Fish Curry with lemon
Basmati