



## WEEKLY MENU – 23.2.26

### WEEKLY SALADS

Caesar Salad

Fregola & Grapefruit & Red  
Onion

Kachumbar

Brown Rice & Broccoli, Tahini  
dressing

Red Cabbage Slaw

### WEEKLY SALAD MAIN

Chipotle & Honey Salmon

Garlic & Herb roasted Chicken

Beetroot Falafel & Hummus

Roast Squash & Feta Tart

Korean Glazed Chicken

Honey Mustard Salmon

Roast Squash & Feta Tart

### MONDAY

#### HOT MAINS

Chicken Fajita Wrap with  
fries

### TUESDAY

#### HOT MAINS

Cottage Pie with wilted  
greens

### WEDNESDAY

#### HOT MAINS

Katsu Chicken with steamed  
rice & Pak Choi

### THURSDAY

#### HOT MAINS

Jerk Chicken Curry with Rice  
& Peas

### FRIDAY

#### HOT MAINS

Smashed Beef burger with fries

#### VEGGIE HOT MAIN

Mexican Bean Wrap with  
fries

#### VEGGIE HOT MAIN

Lentil & Mushroom Pie with  
Greens

#### VEGGIE HOT MAIN

Katsu Aubergine with  
steamed rice

#### VEGGIE HOT MAIN

Jerk Squash Curry with  
Rice & Peas