



## WEEKLY MENU – 23.3.26

### WEEKLY SALADS

Chopped Salad With Sumac

Caesar Salad

Giant Couscous, Courgette & Preserved Lemon

Beetroot Slaw

Roast Celeriac, Tahini & Herb

Smashed Cucumber, Tomato & Sumac

Winter Leaf Caesar Salad

### WEEKLY SALAD MAIN

Jerk Salmon

Chermoula Chicken

Beetroot Falafel & Hummus

Harissa Chicken

Lemon & Herb Trout

### MONDAY

#### HOT MAINS

Lamb Tagine With Saffron

Rice

#### VEGGIE HOT MAIN

Penne Putanesca

### TUESDAY

#### HOT MAINS

Chunky Beef Chilli with Rice

#### VEGGIE HOT MAIN

Three Bean Chilli With Rice

### WEDNESDAY

#### HOT MAINS

Butternut Squash &

Chickpea Tagine With

Tabbouleh

#### VEGGIE HOT MAIN

Cassarecce Alla

Norma

### THURSDAY

#### HOT MAINS

Chicken Thai With Jasmine

Rice

#### VEGGIE HOT MAIN

Thai Aubergine Curry

With Jasmine Rice

### FRIDAY

#### HOT MAINS

Fish & Chips