



WEEKLY MENU – 13.4.26

WEEKLY SALADS

Kale Caesar Salad

Sweet Potato & Quinoa

Baby Gem, Courgette & Chilli

Miso Hispi cabbage and aubergine

Red Cabbage & Apple Slaw

Roast Carrot, Kale & Lemon

Green Bean, Pepper & Almond

Chickpea, Red Pepper & Zaatar

Green Bean, Pepper & Almond

WEEKLY SALAD MAIN

Celariac Shwarma Pitta

Stuffed Aubergine with hummus and pomegranate

Goats Cheese, Pea & Mint Frittta

Feta & Spinach Filo Parcel

Jerk Prawn Skewers, Pineapple Salsa

Teriyaki Grilled Chicken Thigh, Pickled Ginger

Salmon & Burnt Chilli Salsa

Jerk Roast Chicken

MONDAY

HOT MAINS

Mushroom & Lentil Ragu
with Casarecce

TUESDAY

HOT MAINS

Lobster Mac & Cheese

VEGGIE HOT MAIN

Roast Squash & Cavolo
Nero Gnocchi

WEDNESDAY

HOT MAINS

Lamb Kofta, Jewelled Cous
Cous, Mint Yoghurt & Pitta
Chips

VEGGIE HOT MAIN

Grilled Halloumi,
Jewelled Cous Cous,
Mint Yoghurt & Pitta
Chips

THURSDAY

HOT MAINS

Sweet Potato Katsu Curry
with sticky rice and Asian
slaw

VEGGIE HOT MAIN

Chicken Katsu Curry with
sticky rice and Asian slaw

FRIDAY

HOT MAINS

Roast Hake with Smokey
lentils and Garlic Potatoes

VEGGIE HOT MAIN

Stuffed Peppers with
Smokey Lentil Ragu &
Garlic Potatoes