



WEEKLY MENU – 21.10.2024

WEEKLY SALADS

- Caesar Salad
- Potato, Dill & Beetroot Salad
- Baby Gem, Courgette & Chilli
- Red Cabbage & Apple Slaw
- Green Bean, Feta & Almond
- Mixed Leaf Salad
- Roast Potato & Rocket

WEEKLY SALAD MAIN

- Feta & Spinach Filo Parcel
- Jerk Prawn Skewers,
Pineapple Salsa
- Grilled Halloumi & Roast
pepper
- Courgette and Goats
cheese Tarts
- Jerk Prawn Skewers,
Pineapple Salsa
- Chicken & Chorizo
Empanada
- Salmon & Burnt Chilli Salsa
- Teriyaki Grilled Chicken
Thigh, Pickled Ginger
- Spiced Lamb Parcels With
Tzatsiki
- Rainbow Vegetable Fritters

MONDAY

HOT MAIN
Spinach & Ricotta
Gnocchi

TUESDAY

HOT MAIN
Smokey Pulled Lamb
Tagine, Cous cous

VEGGIE HOT MAIN
Butternut and Pepper
Tagine, Cous cous

WEDNESDAY

HOT MAINS
Shepherds Pie &
Seasonal Veg

VEGGIE HOT MAIN
Mushroom & Lentil Pie
with seasonal veg

THURSDAY

HOT MAINS
Gammon, Egg & Chips

FRIDAY

HOT MAIN
Grilled Haddock, Butter Bean
Cassoulet & Cavolo Nero

VEGGIE HOT MAIN
Beef Chilli & Rice