



WEEKLY MENU – 02.12.2024

WEEKLY SALADS

Whole Grain Tabbouleh

Pasta Genovese

English Kale & Puffed Quinoa

Cauliflower, Hodmedod lentils
& Saffron Yoghurt

Grilled Hispi Cabbage & Miso
Aubergine

Baked Celeriac, Lime, Coriander
Yoghurt & Pomegranate

Fattoush

Kachumbar

WEEKLY SALAD MAIN

Smoked Salmon & Watercress
Tart

Spiced Cauliflower Pakora with
Tomato Chutney

Baked Feta & Dill Frittata

Roast Jerk Chicken

Grilled Halloumi, Pineapple
Salsa

Roast Peri Peri Chicken

Honey Glazed Salmon

MONDAY

HOT MAIN

Sweet Potato & Hodmedod's
chickpea tagine with Pitta
Chips

TUESDAY

HOT MAIN

Chicken, Leek & mushroom
pie

VEGGIE HOT MAIN

Pulled bbq Jackfruit Mac &
Cheese

WEDNESDAY

HOT MAINS

Gochujang Rye Bay Pollack,
Steamed Rice & Pak Choi

VEGGIE HOT MAIN

Roasted Delica Squash &
Cavolo Nero Gnocchi

THURSDAY

HOT MAINS

Chicken & Hodmedod Lentils
Dhansak with Pilaf Rice

VEGGIE HOT MAIN

Hodmedod Lentils & Red
Pepper Dhansak with
Pilaf Rice

FRIDAY

HOT MAIN

GEC Fish Pie & Keen's Cheddar