



## WEEKLY MENU – 18.11.2024

### WEEKLY SALADS

Little Gem & Courgette And  
lemon dressing

Cauliflower, Quinoa &  
pomegranate

Squash & Kale Caesar

Tomato, Spring Onions and  
Sumac

Roast Beetroot Farro & Goats  
Cheese

Baked Celariac & Coriander  
Yoghurt

Pumpkin Chickpeas & tahini  
dressing

### WEEKLY SALAD MAIN

Honey Glazed Salmon

Little Gem & Courgette And  
lemon dressing

Cauliflower, Quinoa &  
pomegranate

Grilled Chicken Thighs with  
Preserved Lemon Salsa

Harissa Chicken

### MONDAY

HOT MAIN  
Chicken Parmigiana with  
crispy potatoes

VEGGIE HOT MAIN  
Lentil Ragu

### TUESDAY

HOT MAIN  
Braised beef with crushed  
potato

### WEDNESDAY

HOT MAINS  
Chicken Tinga with rice,  
tortilla chips and  
condiments

VEGGIE HOT MAIN  
Roasted Veggie  
Enchiladas

### THURSDAY

HOT MAINS  
Steak Frites with  
peppercorn sauce and  
watercress salad

VEGGIE HOT MAIN  
Celariac Steak with salsa  
verde and fries

### FRIDAY

HOT MAIN  
Baked Herb Lemon Cod, Roast  
baby potatoes.