



WEEKLY MENU – 20.01.2025

WEEKLY SALADS

Kale Caesar Salad

Roast Beetroot,
Brown rice and
Tahini dressing

Celeriac
Remoulade

Butternut Squash,
Parsnip and Maple

Winter Slaw

Miso Hispi Cabbage
and Aubergine

New Potato, dill
salad

WEEKLY SALAD MAIN

Sweet & Sour Tofu

Grilled Aubergine, hummus
& Pomegranate

Roast Pepper Frittata

Korean Honey Glazed
Salmon

Herb Grilled Chicken

Sweet potato falafel and red
pepper hummus

Hot Smoked Salmon and
Dill Yoghurt

Grilled Harissa Chicken
Thighs

MONDAY

HOT MAIN
Creamy Squash Gnocchi
with Herb Pesto

TUESDAY

HOT MAINS
Chickn Milanese,
Whipped Polenta &
Caponata

VEGGIE HOT MAIN
Aubergine Parmigiana

WEDNESDAY

HOT MAINS
Lamb tagine with Jewelled
cous cous

VEGGIE HOT MAIN
Red pepper and sweet
potato tagine, Jewelled
Cous Cous

THURSDAY

HOT MAINS
Szechuan Beef, Sticky
Rice Pak Choi

VEGGIE HOT MAIN
Aubergine &
Mushroom Teriyaki rice

FRIDAY

HOT MAIN
Chunky Chilli Beef, Cumin
Rice & Sour cream

VEGGIE HOT MAIN
Red Pepper and Bean
Chilli, Cumin Rice & Sour
Cream