



WEEKLY MENU – 24.03.25

WEEKLY SALADS

Caesar Salad

Rocket & Tomato Salad

Roast Carrot & Kale with
Dukkah

Borlotti Beans & Pepper

New Potato & Beetroot Salad

Roast Carrot & Kale wit Dukkah

Tumeric Cauliflower with
braised Chickpeas & Salsa

Shredded Veg & Mixed Leaf

Wholegrain Tabbouleh

WEEKLY SALAD MAIN

Feta & Spinach Parcels

Peri Peri Salmon
Jerk Chicken

Hummus Stuffed Aubergine
with pomegranate

Peri Peri Roast Chicken

Grilled Seabass with Salsa
Hale & Dill Fishcake

Nousage Rolls

MONDAY

HOT MAIN

Sweet Potato & Chickpea
Tagine with Wholegrain
Tabbouleh

TUESDAY

HOT MAINS

Beef Bourguignon with
braised rice

VEGGIE HOT MAIN

Mushroom Bourguignon
with braised rice

WEDNESDAY

HOT MAINS

Beef Chilli with Cumin Rice
& Salsa

VEGGIE HOT MAIN

Roasted Red Pepper &
Bean Chilli with Cumin
Rice

THURSDAY

HOT MAINS

Beef madras with steamed
basmati

VEGGIE HOT MAIN

Roasted Cauliflower
Korma with steamed
basmati

FRIDAY

HOT MAIN

Fish & Chips with mushy peas &
tartare sauce

VEGGIE HOT MAIN

Smoky Butterbean &
Kale Penne