

Week 1 monday

Hunters Chicken

*Hunters Breaded Portobello Mushroom
Served with Parmentier Potatoes, Honey
Glazed Carrot, Broccoli*

tuesday

Coconut Crusted Lime Chicken

*Vegetable Satay Skewers
served with Jasmin Rice, Stir Fried
Vegetables and Gochujang Cabbage Salad*

wednesday

Salsa Verde Beef Bowl

*Salsa Verde Black Bean Bowl
served with Hummus, Lebanese Fattoush
Salad, Chips*

thursday

Yakitori Chicken Skewers

*Tempura Vegetables with Sweet & Sour
Sauce*

*served with Egg Fried Rice & Prawn
Crackers*

friday

Chilli & Lime Marinated Salmon

*Thai Vegetable Curry
served with Rice, Noodle Salad, Soy Roasted
Green Bean Salad*



Week 2

monday

Pollock Papillote

Asparagus, Baby Carrot and Courgette and Chickpea and Lemon Herb Butter Papillote Served with Parmentier Potatos, Cherry Tomato Compote, Fennel Remoulade

tuesday

Breaded Chicken Escalopes with Garlic Butter

Quorn Schnitzel with Garlic Butter served with Rice and Green Beans

wednesday

Chicken Tikka Skewers

Paneer & Pepper Tikka Skewers served with Saag Aloo, Indian Pakora, Indian Slaw

thursday

Greek Chicken with a Sourdough Flatbread

Greek Tofu with a Sourdough Flatbread

served with Lemon Potatoes, Greek Salad

friday

Pork Souvlaki Skewers

Sticky Sweet Chilli Glazed Halloumi & Roasted Pepper Souvlaki

served with Tzatziki, Sourdough Flatbread, Shirazi Salad



Week 3 monday

*Tabbouleh Style Spiced Beef
Tabbouleh with Roasted Vegetables & Feta
served with Hummus, Lebanese Fattoush
Salad*

tuesday

*Jalapeno, Honey & Lime Marinated Chicken
Thighs
Jalapeno, Honey & Lime Halloumi
served with Sweet Potato Fries, Tomato
Salad*

wednesday

*Herb Crusted Pork Chop
Chickpea Wellington
served with Potato Gratin, Savoy Cabbage &
Waldorf Salad*

thursday

*Teriyaki Beef Meatballs
Teriyaki Glazed Sweet Potatoes
served with Sesame Noodles & Broccoli*

friday

*Cola Glazed Ham
Cola Glazed Halloumi Skewers
served with Roasted New Potatoes, Creamed
Leeks, Minted Pea & Potato Salad*



Week 4

monday

Spiced Maple Salmon

BBQ Seitan

*served with Cajun Wedges, Charred
Corn, Cobb Salad*

tuesday

Piri Piri Chicken Legs

Piri Piri Tempeh

*served with Coconut Rice, Coleslaw,
Cucumber Salad*

wednesday

Beef Topside topped with Chimichurri

Roasted Hispy Cabbage with Chimichurri

*served with Sweet Potato, Pepper, and
Tomato Jumble, a Roquette, Beetroot &
Walnut Salad*

thursday

Mexican Lime Chicken Burrito

Mexican Lime Quorn Burrito

served with Corn, Mexican Salad

friday

Jerk Chicken Legs

Jerk Griddled Aubergine

*served with Rice & Peas, Caribbean
Slaw and Mango Salsa*

