

Week 1

monday

Cajun Spiced Beef Poke Bowl
Sweet Potato and Chickpea Poke Bowl
Served with Rice, Pickled Cucumber, and
Buttermilk Dressing

tuesday

Crispy Chicken with Sriracha Honey BBQ Dressing
Crispy Quorn with Sriracha Honey BBQ Dressing
Served with Lettuce, Cucumber, Tomato, Avocado,
Red Onion Salad, and Skinny Fries

wednesday

Jalapeno, Honey and Lime Marinated Chicken
Jalapeno, Honey and Lime Halloumi
Served with Sweet Potato Fries
and Tomato Salad

thursday

Sticky Gochujang Korean Chicken
Crispy Korean BBQ Tofu
Served with Kimchi Fried Rice
and a Spicy Cucumber Salad

friday

Battered Fish
Southern Fried Pea Protein Fillet
Served with Mushy Peas, Fresh Tartar Sauce,
and Chunky Chips

Week 2

monday

Breaded Chicken Escalope with Garlic Butter

Quorn Schnitzel with Garlic Butter

Served with Sweet Potato Fries, Green Beans, and Celeriac Remoulade

tuesday

Blackened Chicken Fillet

Cajun Red Beans and Rice Veggie Burger

Served with Seasoned Wedges, Cajun Mayo and, a Watermelon, Feta Cheese, Cucumber, and Mint Salad

wednesday

Lasagne al Forno

Mediterranean Vegetable and Spinach Lasagne

Served with a Summer Salad and Garlic Bread

thursday

Piri-piri Chicken Legs

Piri-piri Tempeh

Served with Coconut Rice, Coleslaw, and a Cucumber Salad

friday

Battered Scampi

Lentil and Spinach en Crouete

Served with Mushy Peas, Fresh Tartar Sauce, and Chunky Chips

Week 3

monday

*Homemade Southern Fried Chicken
Southern Fried Okra
Served with Skinny Fries, Coleslaw, Ranch
Dressing, and Caesar Salad*

tuesday

*Za'atar Chicken
Za'atar Falafels with Zesty Yoghurt Dressing
Served with a Pearl Couscous Salad
and Lebanese Flatbread*

wednesday

*Sticky Chinese Pork Belly
General Tso Tofu
Served with Kale Crispy Seaweed, Sticky Rice,
and Prawn Crackers*

thursday

*Smashed Beef Burger
Award Winning Plant Based Burger
Served with American Cheese, Caramelised
Guinness Onions, Slaw, and Skinny Fries*

friday

*Battered Fish
Butternut Squash Schnitzel
Served with Mushy Peas, Fresh Tartar Sauce,
and Chunky Chips*

Week 4

monday

*One-pot Chicken with Buttery Orzo
Lemon Garlic Orzo with Roasted Vegetables
Served with Buttered Leeks and Spring Greens*

tuesday

*Chicken Tikka Skewer
Paneer & Pepper Tikka Skewers
Served with Tikka Masala, Rice, Saag Aloo,
and Indian Slaw*

wednesday

*Lamb and Beef Kofta Kebab
Sweet Potato and Beetroot Falafel Kebab
Served with Pomegranate and Sumac Freekeh,
Wholemeal Pitta, and Tzatziki*

thursday

*Yakitori Chicken Skewer
Sweet and Sour Tempura Vegetables
Served with Egg Fried Rice
and Prawn Crackers*

friday

*Smoked Haddock Fishcakes
Vegetarian Fishcakes
Served with Cucumber, Fennel, and Samphire
Salad, Tartar Slaw, and
Mango and Pineapple Salsa*