

Week 1

monday

Beef Rendang

Okra & Aubergine Coconut Curry

served with Nasi Lemak, and Pak Choi

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

Smashed Beef and Bone Marrow Burgers

Buttermilk Quorn Burger

served with American Cheese, Caramelised

Guinness Onions, Slaw, and Skinny Fries

thursday

Sticky Gochujang Korean Chicken

Crispy Korean BBQ Tofu

served with Kimchi Fried Rice,

and a Spicy Cucumber Salad

friday

Battered Fish

Omni Golden Battered Fishless 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

*Salmon en Croûte with Cream Cheese and Spinach
Spanakopita with Feta and Spinach
served with New Potatoes, Minted Peas,
and Broccoli*

Week 3

monday

*Chicken & Chorizo Paella
Spanish Vegetable Paella
served with Orange and Fennel Salad,
and Garlic Bread*

tuesday

*Za'atar Chicken Fillet
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

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

friday

*Battered Fish
Omni Golden Battered Fishless Fillet
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 & 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 with Lemon and Dill Lentils
Braised Fennel with Lemon and Dill Lentils
Served with Creamed Spinach,
and Buttered Broad Beans*