agdalen

Week 1 monday

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

tuesday

Chilli & Lime Marinated Salmon
Thai Vegetable Curry served with Rice,
Noodle Salad, and Soy Roasted Green Bean
Salad

wednesday

Pork Souvlaki Skewers Halloumi and Roasted Pepper Souvlaki Skewers served with Tzatziki, Sourdough Flatbread, and a Shirazi Salad

thursday

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



friday

Confit Duck Leg Cassoulet
Pumpkin & Parsnip Cassoulet
served with Mashed Potatoes and Crusty
Bread

agdalen

Week 2

monday

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

tuesday

Yakitori Chicken Skewers Sweet and Sour Tempura Vegetables served with Egg Fried Rice, and Prawn Crackers

wednesday

Beef Bourguignon Root Vegetable Bourguignon seved with Mashed Potatoes, Chantenay Carrots, and Green Bean Almondine

thursday

Chicken Tikka Skewers
Paneer & Pepper Tikka Skewers
served with Rice, Saag Aloo, Indian Pakora,
and an Indian Slaw



friday

Greek Chicken with a Sourdough Flatbread Greek Tofu with a Sourdough Flatbread served with Lemon Potatoes, Greek Salad and Mint Yogurt

agdalen

Week 3

monday

Breaded Chicken Escalope with Garlic Butter Quorn Schnitzel with Garlic Butter served with Sweet Potato Fries, Green Beans, and a Celeriac Remoulade

tuesday

Jerk Chicken Legs Jerk Griddled Aubergine served with Rice and Peas, Caribbean Slaw, and a Mango Salsa

wednesday

Beef Brisket topped with Chimichurri Roasted Hispi Cabbage with Chimichurri served with Sweet Potato, Pepper, and Tomato Jumble, and a Roquette, Beetroot, and a Walnut Salad

thursday

Mexican Lime Chicken Burrito
Mexican Lime Quorn Burrito
served with Charred Corn Cobb, and a
Mexican Salad



friday

Battered Fish Vegan Fish Fingers Sandwich served with Mushy Peas, Fresh Tartar Sauce and, Chips

gdalen

Week 4 monday

Hunters Chicken Hunters Breaded Portobello Mushrooms Served with Parmentier Potatoes, Honey Glazed Carrots, and Broccoli

tuesday

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

wednesday

Coconut Crusted Lime Chicken Vegetable Satay Skewers served with Jasmin Rice, Stir Fried Vegetables, and a Gochujang Cabbage Salad

thursday

Piri-piri Chicken Legs Piri-piri Tempeh served with Coconut Rice, Coleslaw, and a Cucumber Salad



friday

Pork Wellington Butternut Squash Wellington served with Truffle Mash, and Broccoli