Mon

Coconut, spinach & lentil dahl, vegetable pakora
Creamy mushroom & blue cheese pasta bake, topped with pesto & garlic slice
Smothered BBQ chicken burger, pretzel roll, crisp salad
Grilled pork chop, herby crumb, pesto cream, baby watercress

Tue

Roasted vegetable moussaka topped with vegan cheese
Spinach & ricotta tortellini with roasted garlic & tomato sauce, garlic doughballs
Baked Mediterranean chicken with olives & capers, tomato bloomer
Sticky sweet & sour pork steak, prawn crackers

Wed

Tempura sweet & sour broccoli, fried rice
Honey & sesame glazed haloumi, jalapeño yoghurt, quinoa tabbouleh
Chicken coq au vin
Balsamic glazed pork belly with roasted apples & cider sauce

Thu

Tofu pad Thai, with tamarind & toasted seeds
Spinach & feta Spanakopita with tomato & olive salad
Chicken parmigiana with roasted aubergines & tomatoes
Pulled pork, bitter leaves, plum ketchup, seeded roll

Fri

Mushroom & lentil stroganoff, with braised wild rice
Ultimate mac 'n' cheese, olive bread
Old Delhi style butter chicken, poppadums, mango yoghurt
Battered cod, lemon, homemade tartare sauce