Monday
Sticky sesame and sweet chili tofu with wild rice
Hoisin Duck leg with cucumber, spring onion and chili
Sweet and sour vegetables with rice
Leek and potato soup

Tuesday
Seasonal greens with sunflower seed pesto and penne pasta
Turkey lasagna
Vegetable lasagna
Red pepper and tomato soup

Wednesday
Sweet potato with black bean and jackfruit chili
Rosemary, garlic, and mustard chicken breast
Root vegetable and lentil casserole
Spiced butternut soup

Thursday
Vegan sausage, vegetable and mixed bean stew
Roast gammon with apple sauce and mustard gravy
Root vegetable Wellington with rosemary cream sauce
Mushroom and tarragon soup

Friday
Buffalo wings with spiced chickpea salsa
Vegetable and bean burger with tomato, lettuce and cajun mayo
Battered fish with lemon and tartar sauce
Pea and mint soup

Saturday & Sunday (Brunch)
Sausage
Vegan Sausage
Bacon
Fried Egg
Scrambled egg
Mushrooms
Baked beans
Hash browns

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**Monday**

- Chili and garlic marinated cauliflower steak with toasted seeds
- Vegetable risotto
- Piri piri chicken thighs

**Tuesday**

- Stuffed courgette with quinoa and vegetable
- White bean and root vegetable bake
- Bacon chop with apple chutney

**Wednesday**

- Sunflower seed and basil pesto gnocchi
- Aubergine parmigiana
- Tuna pasta bake

**Thursday**

- Roasted vegetable and kidney bean pilaf
- Lentil sausage roll
- Rosemary and garlic turkey escalope

**Friday**

- BBQ tofu and vegetable glazed skewers
- Macaroni cheese
- BBQ glazed pork ribs

**Saturday**

- Chickpea and aubergine rendang
- Black bean and butternut chili
- Chicken tikka masala

**Sunday**

- Leek, butternut, onion pasta
- Root vegetable and vegetable mince stew
- Roast chicken leg

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