



TRADITIONAL

Salads and Soups:

Monday: Mushroom creamy soup

Tuesday: Green pea light cream

Wednesday: Basil tomato soup (cheese toast)

Thursday: Cobb salad

Friday: Kale Waldorf salad

Casseroles:

Monday: Roasted falafel patty bowl (quinoa, sweet corn, Israeli salad)

Tuesday: Classic spaghetti Bolognese

Wednesday: Tuscany chicken breast with potato wares

Thursday: Crusted pork chop with spring roasted veggies

Friday: Cajun Jambalaya (sticky rice with shrimp)

Lunch Special: (meal includes fruit parfait or similar)

Monday: Lentil burger with chips

Tuesday: Tuna Onigiri with green salad

Wednesday: Spanish 6' (omelet, serrano ham, tomato)

Thursday: Teriyaki chicken bento

Friday: Fish & chips



VEGAN

Salads:

Monday: Harvest Salad (mixed greens, roasted squash and beets)

Tuesday: Green pea light cream

Wednesday: Basil tomato soup (vegan cheese toast)

Thursday: Cobb salad

Friday: Kale Waldorf salad

Casseroles:

Monday: Roasted falafel patty bowl (quinoa, sweet corn, Israeli salad)

Tuesday: Classic spaghetti meatless Bolognese

Wednesday: Tuscany cauliflower steak with potato waffles

Thursday: Crusted tofu with spring roasted veggies

Friday: Cajun Jambalaya (sticky rice with black and kidney beans)