

Hitting plates this week...

w/c 5th August 2019

Mega Monday

Chorizo & Pepper
Frittata

Broad Bean & Feta Frittata (v)

Add a Little...

Garden Peas

&

Broccoli (v)

Edgy Veggie/Power Protein Salad

Watermelon Caprese (v)

Flaked Tuna, Shaved Red Onion, Butter
Beans, Tomato & Balsamic Dressing

Hump Day

Grilled Breast Of Chicken In Romanesco
Sauce

Grilled Polenta & Romanesco Sauce (v)

Add a Little...

Creamy Mashed Potatoes

&

Steamed Green Beans (v)

Edgy Veggie/Power Protein Salad

Roasted Aubergine, Baby Artichokes, Sun
blush Tomatoes & Cashew Nuts (v)

Fragrant Couscous With Spiced Lamb Meat
Balls & Minty Yogurt Dressing

TGIF

Grilled Pork Medallions with Provolone

Baked Tomatoes with Quinoa & Provolone
(v)

Add a Little...

Tarragon Scented New Potatoes

&

Summer Greens (v)

Edgy Veggie/Power Protein Salad

New Potatoes, Roasted Pepper, Capers &
Parsley Dressing (v)

Sriracha Spiced Chicken
& Sweet Jack Fruit

Tasty Tuesday

Cumin & Mint Scented
Lamb Curry

Cumin & Mint Vegetable Curry (v)

Add a Little...

Pilaf Rice

&

Roasted Courgettes (v)

Edgy Veggie/Power Protein Salad

Beetroot, Goats Cheese & Sticky Walnuts (v)

Teriyaki Chicken With Spring Onions, Fresh
Chilli, Lime & Egg Noodles

Thursday Treat

Red Snapper

With Tomato & Watermelon Salsa

Grilled Aubergine with Tomato &
Watermelon Salsa (v)

Add a Little...

Coriander Rice

&

Sweetcorn (v)

Edgy Veggie/Power Protein Salad

Grilled Peach, Red Chicory, Crushed Pink
Peppercorns & Red Wine Dressing (v)

Shaved Pastrami, Pickled Red Onions,
Gherkins, Bagel Croutons & Mustard Drizzle



Hitting plates this week...

w/c 12th August 2019

Mega Monday

Thai Red Chicken

Thai Red Vegetable Curry (v)

Add a Little...

Jasmine Rice

&

Chilli Roasted Courgettes

Edgy Veggie/Power Protein Salad

Lavender Spiced Figs

Torn Mozzarella & Toasted Walnuts (v)

Sweet & Sour Prawns

With Mango & Chilli

Tasty Tuesday

Cantonese Beef

Cantonese Vegetables (v)

Add a Little...

Egg Noodles &

Stir-Fried Vegetables

Edgy Veggie/Power Protein Salad

Greek Style Pasta Salad (v)

Crispy Pulled Duck

With Grilled Apricots & Amaranth

Hump Day

Italian Pulled Pork

Tomato & Mozzarella Tarts (v)

Add a Little...

Pesto Pasta

&

Sage Roasted Carrots

Edgy Veggie/Power Protein Salad

Roasted Chickpeas, Lemon, Grilled

Courgettes & Red Onion Dressing (v)

Mexican Spiced Chicken With Sweetcorn &

Kidney Beans

Thursday Treat

Chicken Kebabs

With Sticky Bbq Sauce

Vegetable Kebabs

with Sticky BBQ Sauce (v)

Add a Little...

Corn on the Cob

&

Sweet Potato Wedges

Edgy Veggie/Power Protein Salad

Grilled Pineapple, Crispy Coconut &

Coriander Chutney (v)

Poke

Tuna Marinated In Lime, Soy, Ginger &

TGIF

Mexican Spiced Fillet of Salmon with Lime &
Avocado Salsa

Mexican Spiced Frittata
With Lime & Avocado Salsa

Add a Little...

Coriander Rice

&

Chilli Fried Green Beans

Edgy Veggie/Power Protein Salad

Crunchy Gem Salad with Strawberry's, Pine

Nuts, Goats Cheese & Balsamic Syrup (v)

Mango, Grilled Chicken & Quinoa



Hitting plates this week...

w/c 19th August 2019

Mega Monday

Spiced Lamb Kefta

Persian Herby Frittata (v)

[Add a Little...](#)

Cumin Roasted Carrots &
Turmeric Scented New Potatoes (v)

[Edgy Veggie/Power Protein Salad](#)

Char Grilled Aubergines with Saffron Yogurt
& Pickled Chilis (v)

Chorizo, Broccoli & Soft-Boiled Eggs

Tasty Tuesday

Sarsaparilla Pulled Pork

Summer Squash with Feta & Mint Pesto (v)

[Add a Little...](#)

Grilled Corn on the Cob, Brioche Finger Roll
Buttermilk & Jalapeno Slaw (v)

[Edgy Veggie/Power Protein Salad](#)

Radish, Cucumber, Red Onion with Mint &
Orange Blossom Dressing (v)

Chicken Tabula

Hump Day

Citrus Spiced Fillet Of Salmon
& White Wine Sauce

Aubergine Chermoula (v)

[Add a Little...](#)

Creamed Potatoes
&
Green Beans (v)

[Edgy Veggie/Power Protein Salad](#)

Roasted Figs, Green Beans, Toasted
Almonds & Pomegranate Molasses (v)

Bacon, Curly Kale & Blue Cheese Dressing

Thursday Treat

Chicken & Chorizo
Empanadas With Ancho Chilli Salsa

Cauliflower & Black bean Empanadas (v)

[Add a Little...](#)

Refried Beans, Nachos
Guacamole, Salsa & Sour Cream (v)

[Edgy Veggie/Power Protein Salad](#)

Puy Lentil & Quinoa with Lemon & Lime (V)

Jerk Tiger Prawns With Avocado, Spring
Onions & Mango

TGIF

Smokey Bacon Mac n Cheese

Blush Tomato Mac n Cheese (v)

[Add a Little...](#)

Steamed Broccoli
&
Insalata Caprese (v)

[Edgy Veggie/Power Protein Salad](#)

Herby Barley Salad with Grilled Broccoli &
Zaatar (v)

Chicken Cesar



Hitting plates this week...

w/c 26th August 2019

Mega Monday

Chunky Beef Chilli

Chunky Vegetable Chilli (vg)

Add a Little...

Coriander Rice

&

Buttered Corn (v)

Edgy Veggie/Power Protein Salad

Heritage Beetroot with Whipped Feta &
Balsamic Syrup (v)

Chicken Mole

Hump Day

Smoke Salmon & Prawn Pasta Bake

Four Cheese Pasta Bake (v)

Add a Little...

Cavolo Nero & Broad Beans

&

Creamed Leeks (v)

Edgy Veggie/Power Protein Salad

Pineapple, Avocado, Orange & Mint with
Ginger Dressing (v)

5 Spice Duck With Mange Tout & Bean
Sprouts

TGIF

BBQ Pork & Black Bean
Tacos

BBQ Jack Fruit & Black Bean Tacos (vg)

Add a Little...

Lime Scented Rice

Avocado, Red Onion & Tomato Salad (vg)

Edgy Veggie/Power Protein Salad

Broad Beans, Peas, Mint & Burrata (v)

Salt Beef, Green Beans, Beetroot & Shallot

Tasty Tuesday

Chicken & Preserved Lemon Tagine

Sweet Potato Tagine (vg)

Add a Little...

Fragrant Couscous

&

Zesty Courgettes (vg)

Edgy Veggie/Power Protein Salad

Fattoush (v)

Citrus Poached Salmon With Broad Beans &
Gem

Thursday Treat

Beef & Onion Pasties

Potato & Leek Pasties (v)

Add a Little...

Spicy Baked Beans

&

Cauliflower Cheese (v)

Edgy Veggie/Power Protein Salad

Red Rice with Grilled Vegetables & Basil (v)

Tuna, Sweetcorn, Lemon, Shallot & Basil
Pasta Salad

