



WEEKLY MENU – 10.11.25

MONDAY & TUESDAY SALADS

Mixed Leaf Caesar Salad

Wholegrain Mixed
Tabbouleh

Roast Root Veg, Kale &
Dukkah

MONDAY & TUESDAY SALAD MAIN

Feta & Spinach Parcel

Harissa Butternut & Feta
Quiche

Spanish Tortilla

Grilled Lemon & Herb
Chicken Supreme

MONDAY

HOT MAIN

Crispy Sweet Potato Katsu

Curry

TUESDAY

HOT MAIN

Beef Ragu & Parpadelle

VEGGIE HOT MAIN

Mushroom & Tarragon

Pasta

WEDNESDAY - FRIDAY (COUNTRY LIVING)

SALAD MAIN

Grilled Lemon & Herb Chicken Supreme

Harissa Butternut & Feta Quiche

Honey Glazed Salmon Fillet

SALADS

Wholegrain Mixed Tabbouleh

Roast Root Veg, Kale & Dukkah

Red Cabbage & Apple Slaw