

MONDAY 21/09/2026

Soup
Courgette & Coriander

Main
Beef Meatballs

Vegetarian
Veggie Moqueca

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Pasta
Roasted Potatoes
Steamed Broccoli
Roasted Corn

Dessert
Fruit Cups



TUESDAY 22/09/2026

Soup

Cream Portuguese Kale

Main

Roasted Oven Hake w/Butter Sauce

Vegetarian

Soy & Chickpea Winter Stew w/ Spinach

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides

Baby Potato

Roasted Cauliflower

Wilted Greens & Peas

Dessert

Fruit Cups

FOR ALLERGEN INFORMATION PLEASE SPEAK TO A MEMBER OF THE TEAM.



WEDNESDAY 23/09/2026

Soup

Creamy Courgette

Main

Chicken Stroganoff

Vegetarian

Veg. Stroganoff

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides

Carrot Rice

Grilled Eggplant

Roasted Sweet Potato

Dessert

Fruit Cups & Yogurt w/ Granola

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THURSDAY 24/09/2026

Soup
Carrot & Coconut

Main
Hot dogs

Vegetarian
Mushroom & Fried Onion Risotto

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Seasonal Vegetables
Steamed Greens Beans
Roasted Carrot

Dessert
Fruit Cups

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FRIDAY 25/09/2026

Soup
Chicken Canja

Main
Duck Rice

Vegetarian
Zucchini, Spinach & Feta Cheese Lasagna

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Potato
Stir-Fried Vegetables
Charred Corn

Dessert
Fruit Pods