

MONDAY 02

TUESDAY 03

WEDNESDAY 04

THURSDAY 05

FRIDAY 06

STARTER

Sweet Potato &
Butternut Squash Velouté

MAIN COURSE

Grilled Salmon in a
Creamy Dill Sauce (FL)/
Stuffed Courgettes
(lentil, Tofu (S), chickpea
& spinach) (L)

SIDES

Herb-Roasted Baby Potatoes
Green Beans

 **DESSERT**
Seasonal hand - cut fruit

STARTER

Heritage Tomato,
Buffalo Mozzarella,
Avocado & Rocket Salad with
Nut-Free Pesto (L)

MAIN COURSE

Buttered brown spaghetti with
bolognese sauce with
ground beef (GCLS)/soy-based mince,
both with celery, carrots, and
onions (GCLS)

SIDES

Garden Peas

 **DESSERT**
Seasonal hand - cut fruit

STARTER

Artisan Goats Cheese &
Onion Croquettes with
Caramelized Onions (GL)

MAIN COURSE

Garlic, Lemon & Parsley
Roasted Turkey Breast /
Stuffed Aubergines with
Lentil Ratatouille

SIDES

Ratatouille
Quinoa & Cous-Cous

 **DESSERT**
Seasonal hand - cut fruit

STARTER

Tomato & Roasted
Red Pepper Soup

MAIN COURSE

Crispy Breaded Rosada Fillet (GF)
/ Secret-spiced
Vegetable Burgers

SIDES

Parsley & Garlic Wedges
Corn on the Cob

 **DESSERT**
Chef's Healthy Sweet Treat

Salad bar & Bread selection - Available
daily: fresh green leaves, grated carrot,
sliced Spanish tomato, cucumber, olives,
beetroot, boiled egg, lentils & chickpeas.
Brown or White bread

Allergens key: L: Lactose, F: Fish, G: Gluten, C: Celery, S: Soya, ★: Sulphite, E: Eggs,
P: Peanuts, M: Mustard, Cr : Crustacens N: Treenuts. Lu : Lupin : Mo.: Molluscs §: Sesame

MONDAY 09

STARTER

Free-range egg Fritata with
Onion & Cheese (EL)

MAIN COURSE

Cajun Halloumi, Roasted
Squash & Chickpea
Pasta Bake (L)

SIDES

Steamed Broccoli

 **DESSERT**
Seasonal hand - cut fruit

TUESDAY 10

STARTER

Bessara - white bean & yoghurt
dip with
wholewheat crackers (GL)

MAIN COURSE

Moroccan-spiced Turkey Tagine /
Vegetable & Tofu Tagine (S)
both with Celery, Leeks, Apricots,
Prunes & Parsley (C)

SIDES

Jewelled Cous-Cous with
Sweet Fruits & Herbs
Lemon Roasted Mushrooms

 **DESSERT**
Seasonal hand - cut fruit

WEDNESDAY 11

STARTER

Russian Salad with
wholewheat
breadsticks (FLG)

MAIN COURSE

Pan-Seared Rosada Bites (F)/
Crispy Sweetcorn Fritters (E)

SIDES

Crushed Potatoes
Lemon Peas

 **DESSERT**
Seasonal hand - cut fruit

THURSDAY 12

STARTER

Fresh-cut Crudites;
Carrots, Celery, Red Peppers
with Guacamole & Sour Cream (GL)

MAIN COURSE

Hard-shelled Tacos with
Mexican-style ground Beef /
Soy Mince Chilli (S)
both with Red Kidney Beans
& Black Beans

SIDES

White & Brown Rice
Sweetcorn
Crisp Lettuce & Chopped
Fresh Tomatoes

 **DESSERT**
Seasonal hand - cut fruit

FRIDAY 13

ITALIAN CUISINE DAY!

STARTER

Italian tomato &
mascarpone soup

MAIN COURSE

Chicken Parmigiana /
Aubergine Parmigiana

SIDES

Italian style roasted
baby potatoes
Crispy Garlic Green beans

 **DESSERT**
Chef's Healthy Sweet Treat

Salad bar & Bread selection - Available
daily: fresh green leaves, grated carrot,
sliced Spanish tomato, cucumber, olives,
beetroot, boiled egg, lentils & chickpeas.
Brown or White bread

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MONDAY 16

STARTER

Sweetcorn & Creamy
Coconut Soup

MAIN COURSE

Crispy Breaded Pork Cutlet (G)
/
Breaded Halloumi (GL)

SIDES

Brown Rice & Cous Cous Mix
Cucumbers with Dill & Lemon
Creme Fraiche (L)

DESSERT

Seasonal hand - cut fruit

TUESDAY 17

STARTER

Cheese Quesadillas (GL)

MAIN COURSE

Teriyaki Chicken Noodles (S)/
Teriyaki Tofu Noodles (S)
both with stir-fried onion,
cabbage, carrots & spring onion

SIDES

Green Beans with
sesame seeds (§)

DESSERT

Seasonal hand - cut fruit

WEDNESDAY 18

STARTER

Traditional Spanish Lentil
Soup with Seasonal
Vegetables and Aromatic Herbs

MAIN COURSE

Grilled Rosada Fillets
with herbs (F) /
Stuffed Mushrooms

SIDES

Baby Potatoes
Garden Peas

DESSERT

Seasonal hand - cut fruit

THURSDAY 19

STARTER

Fresh-cut crudites &
wholewheat crackers
with Hummus

MAIN COURSE

Mexican style turkey fajitas /
Halloumi fajitas, both with
mixed peppers, and black
beans. With a side of salsa,
grated cheese, & sour cream

SIDES

Brown & White Rice
Sweetcorn

DESSERT

Seasonal hand - cut fruit

FRIDAY 20

STARTER

Spinach & Chickpea Soup

MAIN COURSE

Traditional Beef Mince /
Plant-based Soy Lasagne
both with a rich Italian
Tomato Sauce

SIDES

Steamed Carrots

DESSERT

Chef's Healthy Sweet Treat

Salad bar & Bread selection - Available
daily: fresh green leaves, grated carrot,
sliced Spanish tomato, cucumber, olives,
beetroot, boiled egg, lentils & chickpeas.
Brown or White bread

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Sana Catering Menu - November 2026



MONDAY 23

STARTER

Courgette & Rosemary Soup

MAIN COURSE

Roast Pork Loin / Tofu & Chickpea Loaf in Mushroom Sauce

SIDES

Roasted Baby Potatoes
Steamed Broccoli

 **DESSERT**
Seasonal hand - cut fruit

TUESDAY 24

STARTER

Guacamole, Sour Cream, Pica de Gallo, Mixed Crudites & Iceberg Lettuce

MAIN COURSE

Mexican-Spiced Turkey / Soy Mince Hard-Shell Tacos both with fresh tomato salsa, guacamole & sour cream

SIDES

Cous cous & Quinoa
Corn on the Cob

 **DESSERT**
Seasonal hand - cut fruit

WEDNESDAY 25

STARTER

Minestrone Soup

MAIN COURSE

Cajun-spiced Grilled Hake Fillets /Halloumi

SIDES

Roasted Sweet Potato Wedges
Green Beans

 **DESSERT**
Seasonal hand - cut fruit

THURSDAY 26

STARTER

Fresh Melon & Serrano Ham

MAIN COURSE

Traditional Traditional meat & fish paella with chicken thighs, chorizo, hake, rosada, onions & peppers / Vegetable & Chickpea Paella

SIDES

Mediterranean Roast Vegetable
Alioli & Lemon Wedges

 **DESSERT**
Seasonal hand - cut fruit

FRIDAY 27

STARTER

Wonton Soup

MAIN COURSE

Sweet & Sour Chicken/ Crispy Corn Bites

SIDES

White & Brown Egg-Fried Rice
Garden Peas

 **DESSERT**
Chef's Healthy Sweet Treat

Salad bar & Bread selection - Available daily: fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, boiled egg, lentils & chickpeas. Brown or White bread

Allergens key: L: Lactose, F: Fish, G: Gluten, C: Celery, S: Soya, ★: Sulphite, E: Eggs, P: Peanuts, M: Mustard, Cr : Crustacens N: Treenuts. Lu : Lupin : Mo.: Molluscs §: Sesame



Sana Catering Menu - November 2026

MONDAY 30

STARTER

Anchovies in Vinegar with
Hard-boiled egg, Tomato &
White Onion (FE)

MAIN COURSE

Chicken / Halloumi (L)
both served
in a Rustic Tomato & Basil
Pomodoro Sauce

SIDES

Brown & White Rice
Lemon & Rosemary
Mushrooms

DESSERT

Seasonal hand - cut fruit



Salad bar & Bread selection - Available

daily: fresh green leaves, grated carrot,
sliced Spanish tomato, cucumber, olives,
beetroot, boiled egg, lentils & chickpeas.

Brown or White bread

Allergens key: L: Lactose, F: Fish, G: Gluten, C: Celery, S: Soya, ★: Sulphite, E: Eggs,
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Nutritional Information - November 2026



WEEK 1		Tuesday 03	Wednesday 04	Thursday 05	Friday 06
Protein (g)		31	30	29	32
Carbs (g)		70	74	77	69
Fat (g)		28	25	26	27
WEEK 2	Monday 09	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Protein (g)	31	32	30	32	31
Carbs (g)	72	64	75	77	73
Fat (g)	27	22	24	22	27
WEEK 3	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Protein (g)	31	32	31	32	31
Carbs (g)	66	65	72	76	77
Fat (g)	25	25	27	27	29
WEEK 4	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Protein (g)	30	29	30	30	32
Carbs (g)	66	72	68	79	70
Fat (g)	24	22	25	27	27
WEEK 5	Monday 30				
Protein (g)	30				
Carbs (g)	72				
Fat (g)	26				