



## Monday

### **Peri-Peri Chicken**

Succulent grilled chicken marinated in zesty peri-peri sauce, served with wholesome wholegrain rice, grilled peppers, red onions, and fresh cherry tomatoes. A perfect balance of spice and flavour.

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### **Vegan Roasted Teriyaki Vegetable Bowl**

A vibrant bowl of roasted Pak choi, onions, peppers, and chickpeas drizzled with savoury teriyaki sauce, infused with ginger, and topped with toasted sesame seeds. A delicious, plant-based option.

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### **Minestrone Soup**

A hearty, Italian classic, packed with seasonal vegetables, beans, and pasta in a tomato stock. Perfect for a light yet satisfying start.

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### **Moroccan Aubergine & Chickpea Salad**

A colourful, spiced salad featuring roasted aubergines and chickpeas, combined with aromatic Moroccan spices. Served chilled for a refreshing and exotic bite.

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### **Fresh Fruit Salad**

A refreshing medley of seasonal fruits, including juicy berries, crisp apples, and tangy citrus. A light and healthy way to finish your meal.

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## Tuesday

### **Pulled Beef Brisket Burrito**

Slow-cooked pulled beef brisket wrapped in a soft tortilla, filled with seasoned wholegrain rice infused with North African harissa spice. Topped with creamy sour cream, melted grated cheese, fresh guacamole, zesty tomato salsa, and spiced lentils for an extra kick.

**Choice of:** Bowl or Wrap

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### **Vegan Multi-Seed Nut Loaf with Chestnuts**

A hearty, plant-based multi-seed nut loaf, baked to perfection and served alongside a vibrant medley of sweet and sour green vegetables. Complemented by tender cannellini beans, this dish is packed with flavour and nutrients.

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### **Carrot & Coriander Soup**

A smooth and fragrant carrot and coriander soup, blending the natural sweetness of carrots with fresh coriander for a light yet flavourful dish. Served with wholesome brown soda bread for dipping.

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### **Avocado, Mixed Leaves & Cucumber Salad**

Fresh avocado slices, crisp mixed leaves, and crunchy cucumber tossed in a light French dressing. Simple, refreshing, and full of flavour—perfect as a light side or a healthy standalone option.

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### **Fresh Fruit Salad**

A refreshing medley of seasonal fruits, including juicy berries, crisp apples, and tangy citrus. A light and healthy way to finish your meal.



**Wednesday**

## **Seafood Delight**

### **Grilled Salmon & Prawns**

Succulent salmon and prawns, served with tender baby new potatoes, chargrilled seasonal greens, and finished with a zesty cherry tomato & chilli salsa.

## **Plant-Based Sausage & Legume Casserole**

A comforting casserole of vegan sausages and slow-cooked legumes in a rich tomato sauce, accompanied by chargrilled greens.

## **Broccoli & Vegetable Medley**

A nourishing blend of broccoli and seasonal vegetables, simmered to perfection for a smooth and wholesome soup experience.

## **Crisp Green Salad**

A refreshing mix of leafy greens, paired with juicy cherry tomatoes, crunchy cucumber, and lightly charred courgette, drizzled with a delicate dressing.

## **Fruit Salad of the Day**

An assortment of the freshest seasonal fruits, handpicked daily for a sweet and healthy finish.



## Thursday

### **Medallions of Pork Loin**

Tender pork loin medallions marinated in a bold blend of house spices, served with creamy mashed potatoes, sautéed greens, and a zesty salsa verde.

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### **Vegan Pumpkin Curry**

A rich, flavourful pumpkin curry, served with wild mushrooms, fresh spinach, pumpkin seeds, and crunchy cashew nuts. Perfectly balanced for a wholesome and satisfying meal.

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### **Hearty Vegetable Soup**

A warming bowl of slow-simmered vegetable soup, with the added depth of pearl barley, served alongside freshly baked soda bread.

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### **Mediterranean Style Salad**

A vibrant medley of mango, crisp celery, red peppers, cucumber, and baby greens, all tossed in a refreshing lime, coriander, and pomegranate dressing.

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### **Sticky Toffee Pudding**

A decadent sticky toffee pudding drizzled with warm caramel sauce, a classic indulgence for a sweet finish.

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### **Fresh Fruit Salad of the Day**

A refreshing assortment of seasonal fruits, prepared daily for a light and healthy dessert option.



## Friday

### **Traditional Irish Lamb Stew**

Tender lamb slow-cooked with potatoes, carrots, onions, and herbs in a rich stock. A hearty, comforting classic.

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### **Vegan Spinach Falafel Bowl with Salsa verde**

Served with warm pitta bread, Hummus, and Cous Cous with Grilled Courgette, Aubergine, Cherry Tomato & Mint. A delightful Mediterranean-inspired dish.

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### **Tomato & Black Bean Salad**

A fresh mix of romaine lettuce, sweetcorn, red peppers, jalapeño peppers, coriander, cumin seeds, and lime. Bursting with vibrant flavours.

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### **Potato & Leek Soup**

A creamy blend of potatoes and leeks, served with traditional Irish soda bread. Simple yet satisfying.

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### **Wexford Strawberries**

Sweet and juicy Wexford strawberries, paired with smooth vanilla ice cream. A perfect end to your meal.