



eatfreshTM

Menu

Monday 13th January

Chicken Briyani with Dhal & Carrot Sambals
Ratatouille Style Cottage Pie with Salad
Chicken & Green Bean Boujee Bowl with Bulgar Wheat
Chicken Mayo Jalapeno Tramezzini

Tuesday 14th January

Classic Spaghetti Bolognese with Salad
Jalapeno Veg burger with Fries
Cajun Spiced Hake fillet with Savoury Brown rice & Spinach
Savoury Mince & Cheddar Health Roll

Wednesday 15th January

Lemon & Herb Hawaiian Chicken Burger with Wedges
Roast Vegetable Alfredo with Penne & Salad
Roast Beef & Whole-Grain Mustard Health Roll with Sweet Potato Wedges
Lemon and herb Chicken & Feta wrap

Thursday 16th January

Bone -in Chicken Tagine with Rice & Coleslaw
Roasted Butternut & Feta Quiche with Potato Wedges
Lemon & Herb Grilled Chicken Breast with Chickpea Barley Salad
Tuna Mayo Health Roll

Friday 17th January

Fajita Style Pulled Beef with Enchilada with Salad
Vegetable Briyani with Dhal & Carrot sambals
Smoked Chicken, Butternut, Feta & Beetroot Salad
Smoked Chicken & Feta Tramezzini

