

Week 20.05.24 – 26.05.24 (delivery on Sunday 19th of May & Wednesday 22nd of May)



POLISH MEALS / POLSKIE DANIA:

MONDAY: Rosół drobiowy z makaronem / Roladka z mięsa mielonego z serem i pieczarkami w sosie śmietanowym ze szczypiorkiem i ziemniakami

TUESDAY: Fasolka po bretońsku / Kotlet drobiowy Cordon Bleu z serem i szynka

WEDNESDAY: Zupa ogórkowa / Karkówka po myśliwsku z tłuczonymi ziemniakami

THURSDAY: Barszcz ukraiński / Eskalopki drobiowe z ziemniakami i mizeria

FRIDAY: Zupa kalafiorowa / Stek mielony z cebula smażoną

Meat menu

Delivery: SUNDAY

LUNCH Monday: Mixed beans chilli beef jacket potatoes with grated cheese & pickled onion

DINNER Monday: Sweet & sour chicken with rice & vegetables

LUNCH Tuesday: Stuffed courgette with mince pork, rice & garlic sauce

DINNER Tuesday: Salted chilli chicken with rice & curry sauce

LUNCH Wednesday: Cabbage & tomato soup with chicken & healthy bread

DINNER Wednesday: Grilled harissa sesame chicken thighs with sweet potato fries & corn cob

Delivery WEDNESDAY:

LUNCH Thursday: Roasted chicken chickpea salad on giant cous cous

DINNER Thursday: Beef gnocchi with red pepper, chorizo & parmesan

LUNCH Friday: Cheesy ground beef quesadilla with sriracha yoghurt sauce

DINNER Friday: Green chicken curry with vegetables and rice

Vege fish menu

Delivery: SUNDAY

LUNCH Monday: Mixed beans chilli quorn jacket potatoes with grated cheese & pickled onion

DINNER Monday: Sweet & sour salmon with rice & vegetables

LUNCH Tuesday: Stuffed courgette with vegetables, rice & garlic sauce

DINNER Tuesday: Salted chilli king prawns with rice & curry sauce

LUNCH Wednesday: Cabbage & tomato soup with healthy bread

DINNER Wednesday: Grilled harissa sesame fish goujons with sweet potato fries & corn cob

Delivery WEDNESDAY:

LUNCH Thursday: Roasted chickpea salad with halloumi cheese on giant cous cous

DINNER Thursday: Salmon gnocchi with red pepper & parmesan

LUNCH Friday: Cheesy ground quorn quesadilla with sriracha yoghurt sauce

DINNER Friday: Green king prawns curry with vegetables and rice

Vege menu

Delivery: SUNDAY

LUNCH Monday: Mixed beans chilli quorn jacket potatoes with grated cheese & pickled onion

DINNER Monday: Sweet & sour tofu with rice & vegetables

LUNCH Tuesday: Stuffed courgette with vegetables, rice & garlic sauce

DINNER Tuesday: Salted chilli quorn pieces with rice & curry sauce

LUNCH Wednesday: Cabbage & tomato soup with healthy bread

DINNER Wednesday: Grilled harissa sesame mushrooms with sweet potato fries & corn cob

Delivery WEDNESDAY:

LUNCH Thursday: Roasted chickpea salad with halloumi cheese on giant cous cous

DINNER Thursday: Mince Quorn gnocchi with red pepper & Kparmesan

LUNCH Friday: Cheesy ground quorn quesadilla with sriracha yoghurt sauce

DINNER Friday: Green curry with vegetables and rice

Meat & fish menu

Delivery: SUNDAY

LUNCH Monday: Mixed beans chilli beef jacket potatoes with grated cheese & pickled onion

DINNER Monday: Sweet & sour salmon with rice & vegetables

LUNCH Tuesday: Stuffed courgette with mince pork, rice & garlic sauce

DINNER Tuesday: Salted chilli king prawns with rice & curry sauce

LUNCH Wednesday: Cabbage & tomato soup with chicken & healthy bread

DINNER Wednesday: Grilled harissa sesame fish goujons with sweet potato fries & corn cob

Delivery WEDNESDAY:

LUNCH Thursday: Roasted chicken chickpea salad on giant cous cous

DINNER Thursday: Salmon gnocchi with red pepper & parmesan

LUNCH Friday: Cheesy ground beef quesadilla with sriracha yoghurt sauce

DINNER Friday: Green king prawns curry with vegetables and rice

FRESH SALAD:

MONDAY: Chicken Caesar salad

TUESDAY: Grilled harissa sesame chicken thighs with sweet potato fries & sweetcorn

THURSDAY: Roasted chicken chickpea salad with feta cheese

FRIDAY: Chicken Mexican salad