



WEEKLY MENU – 15.04.2024

WEEKLY SALADS

Kale Ceaser

Toasted Quinoa Sweet Potato & Burnt Aubergine

Roasted Broccoli & Chilli Dressing

WEEKLY SALAD MAIN

Garlic & Herb Roasted Chicken

Seared Striploin with Salsa Verde

Pea & Feta Frittata

DAILY SOUP

Tomato & Wholegrain

Harissa Carrot & Black Bean

Chilli Bean

Broccoli & Stilton

Sweet Potato & Chilli

MONDAY

HOT MAIN

Lamb Moussaka with Pitta Bread & Greek Salad

VEGGIE HOT MAIN

This Isn't Bacon Mac & Cheese with Jalapeno Crumb

TUESDAY

HOT MAIN

Teriyaki Chicken, Stir Fried Asian Noodles & Crispy Shallots

VEGGIE HOT MAIN

Smoked Chipotle & Black Bean Chilli, Cumin Rice & Salsa Fresca

WEDNESDAY

HOT MAINS

Chicken Parmigiana with Rocket Salad & Fries

VEGGIE HOT MAIN

Cauliflower Steak with Pine nut Golden Raisin & Her Salsa

THURSDAY

HOT MAINS

Jerk Chicken Rice & Peas with Mango Slaw

VEGGIE HOT MAIN

Sweet Potato, Spinach & Chickpea Curry with Fragrant Rice & Kachumber

FRIDAY

HOT MAIN

GEC Fish Pie with Steamed Greens