



WEEKLY MENU – 09.06.25

WEEKLY SALADS

Caesar Salad

Toasted Quinoa, Sweet potato
and grilled Aubergine

Mixed Green Garden Salad

Giant Cous cous. Butternut and
almond

English Kale & Puffed Quinoa

Baked Celariac with lime &
Coriander Yoghurt

Borlotti Beans & Char Grilled
Pepper

WEEKLY SALAD MAIN

Onion Bahji with Tomato
Chutney

Shwarma Cauliflower Pitta
Pocket with mint yoghurt

Honey glazed goats cheese

Honey Mustard Glazed Trout

Garlic & Herb roasted Chicken

Sweet potato & Red pepper
Falafel with Hummus

Korean Fried Chicken

Sweet potato & Red pepper
Falafel with Hummus

Cauliflower Pakora and tomato
chutney

Spinach & Ricotta Tart

MONDAY

Courgette Green Bean
Risotto

TUESDAY

HOT MAINS

Grilled Seabass with
ratatouille and roast
potatoes

VEGGIE HOT MAIN

Grilled Halloumi with
ratatouille and roast
potatoes

WEDNESDAY

HOT MAINS

Tuscan Sausage and Tomato
Pasta, Rockett salad and
Garlic knots

VEGGIE HOT MAIN

Mascarpone and Tomato
Pasta, Rockett salad and
Garlic knots

THURSDAY

HOT MAINS

Lamb Shoulder tagine with
Mixed grains and kobe chips

VEGGIE HOT MAIN

Sweet potato & Chickpea
tagine with Mixed grains
and kobe chips

FRIDAY

Fish and chips