



WEEKLY MENU – 23.06.25

WEEKLY SALADS

Caesar Salad

Baby Gem, Courgette & Chilli

Beet Slaw with pomegranate

Harissa Roasted Cauliflower
with tahini dressing

Green Garden Salad

Giant CousCous, Almond,
Butternut

Chickpea Kachumbar

Borlotti Beans & Char Grilled
Pepper

WEEKLY SALAD MAIN

Sweetcorn Fritter with Green
Salsa

Spinach & Ricotta Tart

Blackened Trout, Corn Salsa

Jerk Roast Chicken

Vegetable Samosa & Mango
Chutney

Sticky soy Chicken thighs

Beetroot Falafel & Hummus

Crayfish Cocktail with charred
baby gem

MONDAY

Puttanesca Aubergine with
Tomato Rice & Feta

TUESDAY

HOT MAINS

Slow cooked beef shin with
potato gnocchi

VEGGIE HOT MAIN

Smokey Braised Lentils
with Halloumi

WEDNESDAY

HOT MAINS

Chicken Shawarma , Grilled
Pitta, Warm Tabbouleh and
Tzatsiki

VEGGIE HOT MAIN

Red Pepper Falafel,
Grilled Pitta, Warm
Tabbouleh and Tzatsiki

THURSDAY

HOT MAINS

Zaatar Chicken, Warm Farro
& Courgette

VEGGIE HOT MAIN

Aubergine Parmigiana
with Garlic Knots

FRIDAY

Roast Hake, Sweet Peppers &
Saffron Rice

VEGGIE HOT MAIN

Grilled Halloumi, Sweet
Peppers & Saffron Rice