



WEEKLY MENU – 07.07.25

WEEKLY SALADS

Caesar Salad

Puffed Quinoa, Grilled
Courgette, Corn & Broccoli

Edamame, Cucumber &
Seaweed

GEC Potato Salad & Green Bean

Miso Aubergine, Cucumber and
Sesame

Grilled Veg & Borlotti Bean

Beet Slaw

Fattoush

WEEKLY SALAD MAIN

Spiced Falafel & Hummus

Spinach & Feta Parcel

Spanish Tortilla

Honey Mustard Roast Chicken

Lemon & Herb Roasted Trout

Leek & Quiches Cheddar Tart

Crispy Polenta & Caponata

Jerk Chicken

MONDAY

Courgette & Ricotta

Cassarece with Garlic Bread

TUESDAY

HOT MAINS

Chicken Souvlaki with Chips
& Feta Sauce

VEGGIE HOT MAIN

Halloumi Kebabs with Chips
& Tzatsiki Sauce

WEDNESDAY

HOT MAINS

Korean Fried Chicken with
pak choi and steamed rice

VEGGIE HOT MAIN

Korean Fried Cauliflower
with pak choi and
steamed rice

THURSDAY

HOT MAINS

Beef Buritto with Guacamole,
Salsa and Sour Cream

VEGGIE HOT MAIN

Bean Chilli Buritto with
Guacamole, Salsa and
Sour Cream

FRIDAY

Crispy Buttermilk chicken

Burger with fries