



WEEKLY MENU – 14.07.25

WEEKLY SALADS

Caesar Salad

Mediterranean Cous Cous With
Char grilled Vegetables

BDC Grown Kale and Quinoa,
Lemon dressing

Kachumbar

Mixed Lesaf Salad

Tomato & Basil Salad

Fattoush

Asian Slaw

Grilled Aubergine, Tomato &
Sesame

WEEKLY SALAD MAIN

Smokey Red Pepper Falafel &
Hummus

Honey Roasted Goats Cheese
with grilled courgettes

Mushroom & Cheddar Tartlet

Harissa Haloumi & Pineapple
Skewers

Lamb Kofte with Tzatsiki

Grilled Teriyaki Chicken Thighs

Goats cheese and Pea Tart

Green Tomato Caponata
Bruschetta

MONDAY

Paneer & Red Pepper

Biryani

TUESDAY

HOT MAINS

Italians Meatballs Penne

VEGGIE HOT MAIN

Pasta Arabiata

WEDNESDAY

HOT MAINS

Jerk Chicken, Rice, Gravy
and Fried Plantain

VEGGIE HOT MAIN

Green Mac & Cheese
with Jalapeno crumb

THURSDAY

HOT MAINS

Seared Beef with soba
noodles and nam jim

VEGGIE HOT MAIN

Ginger Glazed Tofu with
soba noodles and nam
jim

FRIDAY

Classic Smash Burger with fries
& Coleslaw