



WEEKLY MENU – 15.09.25

WEEKLY SALADS

Caesar Salad

Wholegrain Tabbouleh

Roast Carrot with Brown Rice & Tahini

Fattoush

English Kale & Puffed Quinoa

Red Pesto Potato Salad

Potato, Green Beans and Red Pepper Tapenade

Beetroot Slaw

WEEKLY SALAD MAIN

Brie & Squash Tartlett

Spinach & Feta Parcel

Lemon & Herb Roasted Trout

Chermoula Chicken

Sweet potato & Red pepper Falafel with Hummus

Honey Mustard Roasted Chicken

Sweetcorn Fritter with Spring Onion Salsa

GEC Sausage Roll

Korean Fried Chicken

MONDAY

Sweet Potato & Black Bean

Stew with Mexican Rice

TUESDAY

HOT MAINS

Cuban Mojo Chicken With Black Bean Quinoa

VEGGIE HOT MAIN

Jalapeno Crumb Mac & Cheese

WEDNESDAY

HOT MAINS

Slow Cooked Beef Shin Ragu with Potato Gnocchi

VEGGIE HOT MAIN

Red Pepper & Lentil Ragu with Casarecce

THURSDAY

HOT MAINS

Zaatar Roasted Chicken with Warm courgette Farro & Feta

VEGGIE HOT MAIN

Grilled Halloumi With Warm Courgette Farro & Feta

FRIDAY

Fish & Chips