



WEEKLY MENU – 8.12.25

WEEKLY SALADS

Caesar Salad

Roast Carrot, Kale & Freekah

Beetroot Greek Salad

Fattoush

Brown Rice & Broccoli with
Tahini Dressing

Butternut & Kale Caesar

Shaved Fennel, Orange and
Carrot

Borlotti Bean, Red Pepper &
Sherry Vinegar

WEEKLY SALAD MAIN

Sweetcorn & Spinach Fritters
with Chutney

Artichoke & Sun dried tomato
Frittata

GEC Sausage Roll

Tikka Chicken Skewers

Grilled Polenta & Tapenade

Korean Glazed Salmon

Truffle Arancini

Lamb Kofte & Hummus

Spiced Sweet Potato falafel
with red pepper hummus

MONDAY

HOT MAINS

Zaatar Roasted Chicken,
Warm Courgette Farro

TUESDAY

HOT MAINS

Olive crusted Cod, Smokey
Tomato Lentils

WEDNESDAY

HOT MAINS

Greek Chicken Souvlaki, Flat
Breads & Tzatsiki

THURSDAY

HOT MAINS

Grilled Chicken Thighs,
Makahni Sauce and Steamed
Rice

FRIDAY

HOT MAINS

Herb Crusted Hake with Butter
Bean Cassoulet

VEGGIE HOT MAIN

Pomegranate Glazed
Aubergine, Warm
Courgette Farro

VEGGIE HOT MAIN

Mushroom Ragu with
Cassarecce

VEGGIE HOT MAIN

Grilled Halloumi, Flat
Breads, Tzatsiki

VEGGIE HOT MAIN

Cauliflower & Chickpea
Makahni Curry and
Steamed Rice