




Week 12

Monday

Spicy chicken vindaloo
Mango chutney, raita and naan
Turmeric rice with onions and chickpeas
Melon, pineapple, cucumbers, spinach, red onions and almonds
Sandwich spread: Shellfish salad with paprika and apples
Pastrami with sour cream and onion
Veggie/Vegan: Vindaloo dhal with cauliflower, chickpeas and lentils

Tuesday

 Pork bangers with apple and thyme
Pickled cucumbers, beets and gravy
Mashed potatoes
Hispi, red cabbage, peppers, radishes, chives and feta
Sandwich spread: Boiled eggs and prawns with mayonnaise
Sliced potatoes with mayonnaise and chives
Veggie/ Vegan: Phyllo rolls with grilled cabbage, edamame, thyme and apples

Wednesday

Beef flank with peppers, onions and rosemary
Basil pesto with ricotta and hazelnuts
Creamy pasta with roasted tomatoes, mozzarella and grilled peppers
Gem lettuce, Castelfranco, radicchio, arugula, artichokes and broccolini
Sandwich spread: Salmon salad with dill, apples and asparagus
Salami with sundried tomato compote
Veggie/Vegan: Panko crusted aubergine with peppers, onions, and rosemary

Thursday

Oven baked "provençal" salmon with tomatoes, capers, olives and herbs
Salsa verde
Potatoes in broth with leeks, scallions and spinach
Cauliflower with oranges, spinach and semi dried tomatoes
Sandwich spread: Liver pate with pickled beetroots
Roast beef with remoulade and crispy onions
Veggie/Vegan: Polenta with oyster mushrooms, tomatoes, capers and olives
Cake: Banana cake with coffee and coconut glazing

Friday

Beef burger in pretzel bun
Chipotle ketchup, tarragon mayonnaise and cheddar
Potato wedges with rosemary
Lettuce, roasted tomatoes, mustard pickled onions and gherkins
Sandwich spread: Trout salad with radish
Smoked pork filet with egg royale and chives
Veggie/ Vegan: Portobello mushroom burger with black beans and aubergine

Each day the lunch also includes:

Salad bar with 6 components (Monday - homemade dressings for the entire week)

3 kinds of cheese with pickled nuts/berries

Organic emmer's rye bread and long raised homemade bread

Allergen information is available on our website or by telephone enquiry