



Week 16


Monday

Butter chicken
Mango chutney, tomato raita and naan
Pilau rice with onions, lentils and cardamom
Kale, butternut squash, mango and pumpkin seeds
Sandwich spread: Smoked "rullepølse" with aspic and onions
Sausage salad with potatoes and mustard
Veggie/ Vegan: Grilled hispi cabbage with lentils, hazelnuts and curry sauce

Tuesday

Veal tagine with chickpeas, apricots, almonds and mint
Harissa and mint yoghurt
Pearl cous cous with grilled veggies and pomegranates
Watermelon, cucumbers, roasted red onions, spinach, dukkah and feta
Sandwich spread: Shellfish salad with avocado and watercress
Rosemary ham with sundried tomato pesto
Veggie/Vegan: Vegetable tagine with chickpeas, apricots, almonds and mint


Wednesday

 Danish style meatloaf with bacon
Pickled cucumbers, cranberry compote and gravy
Potatoes with herbs
Hispi cabbage, green asparagus, radishes and apples
Sandwich spread: Pastrami with pepper pesto
Trout salad with apples and dill
Veggie/ Vegan: Portobello "veggie loaf" with aubergine and chickpeas

Thursday

Caribbean inspiration menu
Cajun roasted tuna with chipotle mayonnaise and mango salsa
Lime marinated salmon with creamed avocado and cajun corn
Chicken skewers with jerk spice and habanero hot sauce
Quinoa, sweet potatoes, tiger prawns, black beans and avocado
Gem lettuce with mango, popcorn, cheddar, radish and Caesar dressing
Sandwich spread: Cold roasted pork with red cabbage and mustard cream
Chicken salad with apricots, curry and celery
Cake: Rhubarb short cake with marzipan
Veggie/Vegan: Sweet potatoes with jerk spice and black bean corn salsa

Friday

 Pulled pork with chipotle Bbq sauce
Tortillas, guacamole, roasted tomato salsa and "hotsauce"
Potato salad with smoked chili, corn, avocado, feta, celery and scallions
Coleslaw with cabbage, carrots, black beans and red onions
Sandwich spread: Egg salad with peas and cress
Roast beef with piccalilli and red onions
Veggie/vegan: Pulled oyster mushrooms, lentils and mushrooms with chipotle Bbq

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