



Week 17


Monday

Danish chicken with parsley
Rhubarb compote, pickled cucumbers and gravy
Potatoes with herbs
Hispi cabbage with peas, asparagus, tarragon and salad cream
Sandwich spread: Eggs, shrimps and mayonnaise
Veal with tonnato sauce and capers
Veggie: Frittata with ramson, lentils, hispi cabbage and hazelnuts
Veggie: cabbage wrap with ramson, lentils, tofu, hispi cabbage and hazelnuts

Tuesday

"Pad Krapow" with roasted beef, cabbage, veggies, soy and ginger
Coconut chutney with coriander
Rice with shredded coconut
Hispi cabbage, carrots, asparagus, peanuts and sweet chili
Sandwich spread: Beef salami with piccalilli
Tuna salad with corn and dill
Veggie/ Vegan: Mung beans, sweet potatoes, cabbage and veggies with soy and ginger

Wednesday

 Salsiccia ragout with sundried tomatoes and fennel
Tomato pesto
Pasta with aubergines, tomatoes and parsley
Broccolini, asparagus, spinach, peas, croutons and mozzarella
Sandwich spread: Shellfish salad with asparagus and apples
Smoked beef brisket with piccalilli and horseradish
Veggie/ Vegan: Grilled vegetable ragout with lentils and sundried tomato

Thursday

Fish n chips
Panko crusted cod
Tatare sauce, remoulade and lemon
Roasted potato wedges
Red cabbage slaw with apples, pumpkin seeds and cranberries
Sandwich spread: Roast beef with remoulade and crispy onions
Chicken salad with grilled peppers and paprika
Veggie/ Vegan: Split peas crebinette with polenta and kidneybeans
Cake: Chocolate cream cake with Daim and icing

Friday

Chicken in fricassé with mushrooms, Jerusalem artichokes, carrots, peas and asparagus
Tartlets (3 pr person)
Potatoes with ramson pesto
Broccoli, cauliflower, pickled carrots, pumpkin seeds, apples and spinach
Sandwich spread: Ham salad with grain mustard and chives
Smoked turkey and russian salad
Veggie: Vegetable fricassé with mushrooms, Jerusalem artichokes, carrots, peas, edamame and asparagus
Vegan: Stuffed beef steak tomato with mushrooms, tofu, Jerusalem artichokes, carrots and quinoa

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 ryebread and long raised homemade bread

Allergen information is available on our website or by telephone enquiry