



## **Week 18**

### **Monday**

Chicken skewers with za'atar  
Mint pesto with green chili and tahini dressing  
Marinated potatoes with grilled vegetables, lemon oil and roasted chick peas  
Broccoli crunch salad with carrots, dates, tahini and parsley  
Sandwich spread: Salmon salad with chives and asparagus  
Sundried tomato salami with cream cheese and herbs  
Veggie: Grilled hispi cabbage with za'atar, feta and marinated chick peas  
Vegan: Grilled hispi cabbage with za'atar, tofu and marinated chick peas

### **Tuesday**

Flank steak with tomato sauce, red onions and capers  
Parsley pesto  
Pasta with aubergines, tomatoes, oregano and basil  
Red hispi cabbage, cherry tomatoes, red pepper, and mozzarella  
Cold cuts and spreads: Madagascar pepper paté with gherkins  
Honey cured ham with russian salad  
Veggie/ Vegan: Polenta with sundried tomatoes, leeks and oyster mushrooms


### **Wednesday**

Veal in massaman curry with coconut milk, tamarind and peanuts  
Coconut-coriander chutney  
White rice with coconut  
Hispi cabbage with watermelon, cucumber, edamame and cashews  
Cold cuts and spreads: Smoked trout salad with radishes and green apples  
Cold pork roast with grain mustard and pickled cucumbers  
Veggie/ Vegan: Sweet potato samosa with onions, white beans and red curry

### **Thursday**

Salmon fishcakes with herbs and vegetables  
Chunky remoulade with herbs  
New potatoes with creamed feta, capers, cucumber and radishes  
Caesar salad with croutons and parmesan  
Cold cuts and spreads: Roast beef with piccalilli and Horseradish  
Chicken salad with asparagus and mushrooms  
Cake: Miso white chocolate cookie with black sesame  
Veggie: Onion quiche with potatoes, spinach and mozzarella  
Vegan: Onion quiche with potatoes, spinach and cashew cream

### **Friday**

 Pork roast sandwich with brioche bun  
Pickled cucumbers, red cabbage and mustard mayonnaise  
Roasted potatoes with rosemary salt  
Summer cabbage, cucumbers, feta, pumpkin seeds, apples and oyster mushrooms  
Sandwich spread: Sliced potatoes, tomatoes and mayonnaise  
Tuna salad with tomatoes and dill  
Veggie/ Vegan: Vegetable patty with white beans, mushrooms, smoked paprika and leeks

#### 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