




## **Week 19**

### **Monday**

Beef Bolognese with vegetables  
Roasted pepper pesto  
Whole wheat pasta  
Grilled vegetables, mozzarella, arugula and quinoa  
Sandwich spread: Fennel salami with tomato tapenade  
Eggs, shrimp and herb mayonnaise  
Veggie/Vegan: Vegetable Bolognese with mushrooms and lentils

### **Tuesday**

 Classic Danish meatballs  
Pickled cucumbers  
Potato salad with pickled red onions, peas and radishes  
Gem lettuce with green asparagus, runner beans and cherry tomatoes  
sandwich spread: Chicken with spinach and herb cream  
Shellfish salad with apples and herbs  
Veggie/Vegan: Aubergine fritters with kidney beans and lemon

### **Wednesday**

Chicken Korma with almonds and coconut  
Chutney and raita  
Pilau rice with onions and spices  
Cauliflower, cucumbers, spinach and nigella seeds  
Sandwich spread: Liver pate with pickled marrow cucumber  
Roast beef with sour cream n'onion and pickled red onions  
Veggie: Dhal with veggies, almonds and coconut  
Vegan: Dhal with veggies, almonds, tofu and coconut

### **Thursday – Closed – Christ's Ascension**

### **Friday - Closed**

#### 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