



Week 18

Monday

Chicken skewers with soy and sesame
Satay sauce
Stir fried noodles with eggs, vegetables and miso dressing
Napa cabbage, kale, radishes, and kohlrabi with kimchi spice
Sandwich spread: Salmon salad with chives asparagus
Sundried tomato salami with cream cheese and herbs
Veggie/ Vegan: Vegetable skewers with soy and sesame

Tuesday

Beef meatballs in tomato sauce with basil
Parsley pesto
Whole wheat pasta
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: Chickpeas falafel with corn and basil

Wednesday

Veal tagine with almonds and apricots
Harissa and mint yoghurt
Cous cous with grilled vegetables, roasted chickpeas and herbs
Watermelon, cucumber, pumpkin seeds, feta and spinach
Cold cuts and spreads: Smoked trout salad with radishes and green apples
Cold pork roast with grain mustard and pickled cucumbers
Veggie/ Vegan: Vegetable tagine with kidney beans, almonds and apricots

Thursday

Salmon fishcakes with herbs and vegetables
Chunky remoulade with herbs
New potatoes with parsley pesto and sundried tomatoes
Caesar salad with croutons and parmesan
Cold cuts and spreads: Roast beef with piccalilli and Horseradish
Chicken salad with asparagus and mushrooms
Cake: Coconut cake
Veggie: Onion quiche with potatoes, spinach and mozzarella
Vegan: Onion quiche with potatoes, spinach and cashew cream

Friday

Roasted beef rump with red wine sauce
Cold bearnaise with cep mushrooms
Baked potatoes with herb salt
Green beans with red onions, rye bread croutons and frissé lettuce
Cold cuts and spreads: sliced potatoes, tomatoes and mayonnaise
Tuna salad with tomatoes and dill
Veggie/ Vegan: Mushroom wellington with white beans in puff pastry

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