



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
Veggie/Vegan: Vegetable skewers with soy and sesame
Sundried tomato salami with tomato pesto and pearl barley
Baguette

Tuesday

Beef meatballs in tomato sauce with basil
Parsley pesto
Whole wheat pasta
Red hispi cabbage, cherry tomatoes, red pepper, and mozzarella
Veggie/Vegan: Chickpeas falafel with corn and basil
Honey cured ham with russian salad and cauliflower
Baguette

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
Veggie/Vegan: Vegetable tagine with kidney beans, almonds and apricots
Smoked trout salad with radishes and green apples
Baguette

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
Cake: Coconut cake
Veggie: Onion quiche with potatoes, spinach and mozzarella
Vegan: Onion quiche with potatoes, spinach and cashew cream
Emmentaler and dates
Chia rye bread bun

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
Veggie/Vegan: Mushroom wellington with white beans in puff pastry
Tuna salad with tomatoes, dill and potatoes
Baguette

Allergen information is available on our website or by telephone enquiry