




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
Cake: Mixed berry compote with skyr and rye brad crumble

Thursday - Closed

Friday

 Potato, ham and onion quiche
Pasta salad with peas, feta and roasted tomatoes
Broccoli, salad cream, cranberries and sunflower seeds
Cold cuts and spreads: Chicken paté with gherkins
Beef salami with piccalilli
Veggie: Vegetable quiche with white beans, onions and kale
Vegan: Vegetable quiche with puréed white beans, onions and kale

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