




Week 41

Monday

Chicken stir fry with peppers, carrots, red onions, peanuts and hoi sin sauce
Chili sambal with coconut
Fried rice with leeks, eggs and sesame
Chinese cabbage, mushrooms, beets, edamame and kimchi spice
Sandwich spread: Tuna salad with peppers and corn
Provence style ham with pepper pesto
Veggie/Vegan: Split pea croquettes with green peas, potatoes and coriander/coconut salsa

Tuesday

 Pork chops with peppers, onions, chorizo and mushrooms
Salsa romesco
Mashed potatoes
Roasted and marinated carrots with kale and almonds
Sandwich spread: Crayfish salad with apples and paprika
Salami with sundried tomatoes and tomato pesto
Veggie/Vegan: Butternut squash crebinette with polenta and stewed mushrooms

Wednesday

Braised beef with wild mushrooms, sage and root vegetables
Hazelnut pesto
Whole wheat pasta with sundried tomatoes and lemon
Roasted and marinated beets, root vegetables, kale, croutons and parmesan
Sandwich spread: Cod roe with mayo and lemon
Chicken salad with curry and pineapple
Veggie: Savory pancakes with black bean hummus, kale and celeriac
Vegan: Wrap with black bean hummus, kale and celeriac

Thursday

Classic fish cakes with salmon and dill
Celeriac remoulade
Warm potato salad with grain mustard, onions and herbs
Green beans in vinaigrette with pickled red onions and frissé
Sandwich spread: Cold roasted pork with red cabbage and grain mustard
Sausage salad
Veggie: Tomato quiche with squash, spinach and white beans
Vegan: Tomato quiche with squash, spinach and cashew cream
Cake: Chocolate chip cookies with hazelnuts

Friday

Beef lasagna with spinach and ricotta
Salsa romesco and chunky salsa verde
Arugula, roasted tomatoes, grilled peppers and mozzarella
Sandwich spread: Shellfish salad with apples
Italian salami with herb cream
Veggie: Vegetable lasagna with peppers, aubergines, mozzarella and spinach
Vegan: Vegetable lasagna with peppers, aubergines, white beans and spinach

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