



Week 4

Monday

Veal bolognese with peppers, red wine and porcini
Salsa verde and parmesan
Linguine with lemon and herbs
Arugula, cauliflower, yellow raisins, capers and pumpkin seeds
Sandwich spread: Tuna salad with curry, capers and avocado
Beef salami with remoulade and crispy onions
Veggie/Vegan: Beetroot Bolognese with beluga lentils and portobello mushrooms

Tuesday

🐷 "Albondigas" meatballs with chorizo in paprika sauce
Salsa romesco with almonds
Pearl barley with saffron, grilled peppers, red onions, chickpeas and green beans
Multi bean salad with artichokes, spinach, pickled red onions, orange and hazelnuts
Sandwich spread: Salmon salad with asparagus, capers and chives
Cold roast veal with sour cream and onion
Veggie: Quiche with grilled peppers, split peas and kale
Vegan: Quiche with grilled peppers, split peas, kale and cashews

Wednesday

Butter chicken
Cucumber raita, mango chutney and papadums
White rice with coconut and mustard seeds
Kale, cucumber, pineapple, pomegranate and chili
Sandwich spread: Liver paté with beetroots
Eggs and prawns with herb mayonnaise
Veggie/Vegan: Red lentil dhal with cauliflower, mango and garam masala

Thursday

Salmon fish cakes with herbs, lemon and veggies
Tatar sauce - and remoulade for the picky ones
Potato wedges with herb salt
Gem lettuce, radicchio, cauliflower, peas and ranch dressing
Sandwich spread: Roast beef with remoulade and crispy onions
Ham salad with potatoes and chives
Veggie/ Vegan: Mushroom fritters with carrots and quinoa
Cake: Coconut pound cake

Friday

Lasagna Bolognese with ricotta og spinach
Parsley pesto og tomato salsa
Grilled veggies with roasted tomatoes and smoked almonds
Sandwich spread: Sausage salad
Cold gammon with egg royale
Veggie: Veggie lasagna with peppers, aubergines, squash and ricotta
Vegan: Veggie lasagna with peppers, aubergines, squash and seitan

Allergen information is available on our website or by telephone enquiry