



## LUNCH WEEKS 17- 24

### WEEK 17

---

#### **Tuesday 22.4**

Chicken baked with red curry and spring onions, served with yogurt dip, baked Jerusalem artichoke salad with toasted nuts and wholemeal bread and basmati rice

Vegetarian: Samosa spring onions, served with yogurt dip, baked Jerusalem artichoke salad with toasted nuts and wholemeal bread and basmati rice

#### **Wednesday 23.4**

Pasta carbonara classico

Vegetarian: Bean crebiset with creamed spinach and sugar potatoes and a composed salad

#### **Thursday 24.4**

Fish platter, coarse remo, lemon, parsley sauce and small potatoes.

Lightly sour coleslaw with beans, served with wholemeal bread.

Vegetarian: Rye flour fried endive. coarse remo, lemon, parsley sauce and small potatoes

*The cake: Parsonage cake*

#### **Friday 25.4**

Porchetta with filling, baked beets and potatoes and rosemary with mustard. Raw red cabbage salad with roasted nuts and mild orange dressing, focaccia bread.

Vegetarian: beetroot patty, baked beets and potatoes and rosemary with mustard. Raw red cabbage salad with roasted nuts and mild orange dressing, focaccia bread.



## Week 18

---

### Monday 28.4

Pakistani-inspired turkey with tomato and pepper, wholemeal bread and 1 composed salad.

Vegetarian: stew with chickpeas and beets.

### Tuesday 29.4

Tofu and asparagus with glazed onions and thyme, baked cream potatoes, fennel salad with roasted sunflowers and vinaigrettes, sourdough bread.

For everyone

### Wednesday 30.4

Buffet with cold and warm dishes, with wholemeal bread and green dishes.

### Thursday 1.5

Baked cod with asparagus fricassée, parsley potatoes and cauliflower garnish Wheat kernel salad with spring onions and salted lemon, sourdough bread.

Vegetarian: tempeh with asparagus fricassée, parsley potatoes and cauliflower garnish. Wheat kernel salad with spring onions and salted lemon, sourdough bread.

*The cake: Apple pie with cinnamon and yogurt*

### Friday 2.5

Long-time braised glazed country pig with rosemary and sea salt, baked beetroot, mashed potatoes with dijon and parsley salad of crispy vegetables with virgin olive oil and citrus, wholemeal bread.

Vegetarian: green risotto with roasted hazelnuts and green vegetables



## Week 19

---

### Monday 5.5

Meatballs and green vegetables in green curry and coconut milk with cinnamon rice, sultanas and coconut flakes, sweet and sour cabbage, crispy bread

Vegetarian: Spinach-mushroom flan in crispy filo pastry with asparagus and green curry

### Tuesday 6.5

Paella with shrimp, chicken lots of greens, tomato/chili oil and cornbread

Vegetarian: Vegetarian paella with lots of greens, tomato/chili oil and cornbread

### Wednesday 7.5

Warm Quiche with leeks and potatoes, salads and parmesan dressing, coleslaw with sour dressing

For everyone

### Thursday 8.5

Minced beef with cold bearnaise, oven-baked small potatoes, fried spring onions and courgettes. Hearty green salad and coarse bread.

Vegetarian: Tortilla with white beans, peppers and glazed spicy onions

*Dessert: chocolate mousse with almond crunch and orange*

### Friday 9.5

Crispy chicken sandwich, coleslaw and chunky tomato dressing in a soft bun

Vegetarian: Moussaka with tomato and breadcrumbs and coleslaw.



## Week 20

---

### Monday 12.5

Pasta bolognese with parmesan and green salad

Vegetarian: Spinach-mushroom flan in crispy filo pastry with asparagus and green curry

### Tuesday 13.5

Noodle dish with tiger prawns, chili oil, crispy vegetables and roasted sesame, heart salad with beans and peanuts

Vegetarian: noodle dish with seitan, crispy vegetables etc.

### Wednesday 14.5

Roasted pork with parsley sauce, pickled beets, green salad and cornbread.

Vegetarian: Roasted chickpeas with spinach and sweet potatoes

### Thursday 15.5

Mulligatawny soup with chicken and coconut milk and lots of vegetables and rice

Vegetarian version with tofu

*Dessert: chocolate mousse with almond crunch and orange*

### Friday 16.5

Daal with raita, naan bread and fresh coriander

For everyone



## Week 21

---

### Monday 19.5

Spaghetti with citrus cream, edamame and green asparagus. Pointed cabbage salad with red pesto.

Vegetarian: Same

### Tuesday 20.5

Asian style pork jowls with soy and ginger, served with chutney, spicy coleslaw. Marinated noodles and chili bread.

Vegetarian: Asian style mushrooms and leeks with soy and ginger, served with chutney, spicy coleslaw Marinated noodles and chili bread.

### Wednesday 21.5

Fried Danish cod with baked beetroot, mild mustard beurre blanc, new potatoes. Spinach salad with pickled red onions and pearl barley.

Vegetarian: Fried patty with baked beetroot, mild mustard beurre blanc, new potatoes. Spinach salad with pickled red onions and pearl barley.

*Cake: Rhubarb macaroon cake with sour cream*

### Thursday 22.5

Chicken in curry with basmati rice, chutney and salad with coconut and celery

Vegetarian: Vegetable curry with basmati rice, chutney and salad with coconut and celery

### Friday 23.5

Pork roast sandwich with crispy red cabbage salad and mustard dressing in a brioche bun

Vegetarian: Brioche bun with falafel, crispy red cabbage salad and mustard dressing

*1 pc. Homemade Ragusa chocolate*



## Week 22

---

### Monday 26.5

Warm potato pies with salsa romesco, tomato-feta – olive salad with parsley marinade

Vegetarian: same

### Tuesday 27.5

Chicken George Blanc style, with baked onions and mushrooms in a light cream sauce, served with loose rice. Cabbage salad and thyme bread.

Vegetarians: Vegetable stew with white beans instead of chicken.

### Wednesday 28.5

Chili con carne with rice, yogurt, red onion and parsley and tomato bread.

Vegetarian: Chili sin carne ..

### Thursday 29.5

*Ascension of Christ- closed*

### Friday 30.5

Ramen soup with duck, eggs, noodles and lots of greens

Vegetarian: Vegetarian ramen soup with eggs, noodles and lots of greens

*Cake: Almond cake with orange glaze*



## Week 23

---

### Monday 2.6

Pasta al arrabiata with baked chicken and roasted peppers, panzanella salad and sourdough bread

Vegetarian: Fried tofu instead of chicken.

### Tuesday 3.6

Stew with turkey and baked vegetables, with nut pesto. Spinach salad with marinated mozzarella and green asparagus, focaccia with spices.

Vegetarian: Stew with chickpeas, baked vegetables, with nut pesto. Spinach salad with marinated mozzarella and green asparagus, focaccia with spices

### Wednesday 4.6

Versions of salmon with green touches.

Vegetarian: Fried artichokes with peas, feta and dill.

*Cake: Coconut macaroon dipped in chocolate.*

### Thursday 5.6

Buffet with warm and healthy, with lots of wholemeal bread.

### Friday 6.6

Lemon pig!! With crispy skin, baked fennel and new potatoes with parsley/mustard cloud. Rich salad on romaine with yogurt dressing.

Vegetarian: Fried eggplants



## Week 24

---

### Monday 9.6

Squash pie with green asparagus, peas and mint and new potatoes. Pointed cabbage salad with citrus emulsion and roasted pumpkin seeds.

For everyone

### Tuesday 10.6

Chicken – sweet chili glaze – spiced rice – mango salsa – salad with coconut and pimento.

Vegetarian: Stuffed crispy filo parcels sweet chili glaze – spiced rice – mango salsa – salad with coconut and pimento

### Wednesday 11.6

Lamb/turkey platters with spinach-date salad and roasted almonds, new potatoes and beetroot/citrus yogurt and crispy bread

Vegetarian: Lentil-herb platters with spinach-date salad and roasted almonds, new potatoes and beetroot/citrus yogurt and crispy bread.

### Thursday 12.6

3 versions of tuna with creative green elements

Vegetarian: 3 vegetarian elements.

*Cake: Shortcake with strawberries and vanilla foam*

### Friday 13.6

Falafels with yogurt dip, coleslaw, warm marinated vegetables with sesame

For everyone