

# Hitting plates this week...

## w/c 1st October 2018

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### Mega Monday

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Lamb & Apricot Tagine

Vegetable Tagine (v)

Add a Little...

Fragrant Couscous  
&

Roasted Courgettes (v)

Edgy Veggie/Power Protein Salad

Garden Pea, Mint,  
Farro & Pecorino (V)

Grilled Chicken, Green Beans, Almonds &  
Cherries

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### Tasty Tuesday

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Grilled Sword Fish With Mint Pesto

Sun Blush Tomato Tarts (v)

Add a Little...

Potato Gnocchi  
&

Cavolo Nero with Garlic Chilli & Orange (v)

Edgy Veggie/Power Protein Salad

Cucumber, Potato, Olives  
& Pine Nuts (V)

Miso Grilled Rare Beef With Bok Choi,  
Wasabi Mayo & Pickled Ginger

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### Hump Day

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Bbq Chicken Tacos

BBQ Jack Fruit Tacos (v)

Add a Little...

Tortillas,  
Salsa, Sour cream &  
Cheese (v)

Edgy Veggie/Power Protein Salad

Kiwi & Burrata (V)

Beetroot & Vodka Cured Salmon With  
Watercress & Creme Fraiche

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### Thursday Treat

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Merguez Sausages  
With Homemade Chill

Grilled Courgette Pesto Bake (v)

Add a Little...

Creamy Mash Potatoes  
&

Minted Garden Peas (v)

Edgy Veggie/Power Protein Salad

White Beans With Fennel, Chilli & Rocket (V)

Harissa Chicken With Cracked Wheat

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### TGIF

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Chicken Korma

Vegetable Korma (V)

Add a Little...

Jewelled Rice, Naans  
& Lime Pickle (v)

Edgy Veggie/Power Protein Salad

Pesto Pasta & Blush Tomato Salad (V)

Prosciutto, Lentils, Peach & Labneh

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# Hitting plates this week...

## w/c 8th October 2018

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### Mega Monday

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Brazilian Beef Feijoada  
Veggie Feijoada & Sweet Potato & Kidney Beans (v)  
Add a Little...  
Roasted Carrots  
&  
Chive Roasted New Potato (v)  
Edgy Veggie/Power Protein Salad  
Roasted Cauliflower Scented With Cumin  
Lime & Coriander (V)  
Hot Smoked Salmon, Pasta, Avocado & Crispy Capers

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### Tasty Tuesday

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Grazing Butter Crisp Chicken  
Root Vegetable & Bean Hot Pot (v)  
Add a Little...  
Spicy Potato Wedges  
&  
Chilli Scented Corn (v)  
Edgy Veggie/Power Protein Salad  
Beetroot, Orange, Red Chard, Crushed  
Hazelnuts & Sherry Vinaigrette (V)  
Pulled Ox Cheek With Iceberg Wedges & Ranch Dressing

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### Hump Day

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Creamy Salmon & Prawn  
Lasagne  
Baby Artichoke & Wild Mushroom Parcels (v)  
Add a Little...  
Garlic Bread  
&  
Pickled Cabbage (v)  
Edgy Veggie/Power Protein Salad  
Pumpkin, Feta & Toasted  
Pecan Nuts (V)  
Honey & Soy Glazed Breast Of Chicken  
With Rice Noodles

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### Thursday Treat

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Chicken Tagine  
Pumpkin Spinach & Goat  
Cheese Tarts (v)  
Add a Little...  
Lemon & Mint Scented Couscous  
&  
Steamed Broccoli (v)  
Edgy Veggie/Power Protein Salad  
Black Quinoa, Goji Berries & Green Beans (V)  
Poached Fillet Of Salmon With Horseradish Mayo

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### TGIF

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Pulled Lamb In Smokey Tomato Sauce With Olives & Capers  
Pressed Aubergine Courgette & Peppers with a Smokey Tomato Sauce (v)  
Add a Little...  
Garden Peas  
&  
Cheesy Mash (v)  
Edgy Veggie/Power Protein Salad  
Couscous, Cucumber, Dried Yellow Tomatoes & Soft Herbs (V)  
Smoked Venison, Pear, Blue Cheese & Pickled Walnuts



# Hitting plates this week...

## w/c 15th October 2018

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### Mega Monday

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Chicken Cacciatore

Peppers filled with Jewelled Rice (v)

Add a Little...

Broccoli

&

Red Pesto Pasta (v)

**Edgy Veggie/Power Protein Salad**

White Bean, Wild Mushrooms, Baby Leek &

Lambs Leaf (V)

Treacle Cured Salmon With Cucumber

Ribbons, Watercress & Crème Fraiche

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### Tasty Tuesday

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Sweet Chili & Lime Scented Fillet Of Salmon

Truffle Mac & Cheese (v)

Add a Little...

Herb Scented New Potatoes &

Green Beans (v)

**Edgy Veggie/Power Protein Salad**

Cauliflower With Smoked Almonds & Blue

Cheese (V)

Crispy Lamb, Feta, Green Bean, Shallot And

Tomato Vinaigrette

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### Hump Day

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Chicken Katsu

Courgette & Aubergine Katsu (v)

Add a Little...

Steamed Basmati Rice

&

Chill Roasted Courgettes (v)

**Edgy Veggie/Power Protein Salad**

Oriental Leaf, Snow Peas, Beansprouts

& Sweet Soy Dressing (V)

Classic Tuna Nicoise

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### Thursday Treat

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Classic Cottage Pie

Vegetable Cottage Pie (v)

Add a Little...

Cauliflower Cheese

&

Maple Glazed Carrots

**Edgy Veggie/Power Protein Salad**

Kohlrabi, Apple & Golden Sultana Salad With

Poppy Seed & Yoghurt Dressing (V)

Confit Duck With Lentils, Pomegranate &

Orange

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### TGIF

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Masala Roasted Prawns

Lentil, Spinach & Potato

Dhal (v)

Add a Little...

Jasmine Rice

&

Stir Fried Vegetables

**Edgy Veggie/Power Protein Salad**

Aromatic Lentils With Feta, Chilli &

Coriander (V)

Grazing Bacon & Egg Salad



# Hitting plates this week...

## w/c 22nd October 2018

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### Mega Monday

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Hungarian Pork Goulash

Hungarian Vegetable Goulash (v)

Add a Little...

Crushed New Potatoes  
&

Steamed Green Beans (v)

Edgy Veggie/Power Protein Salad

Wild Rice Salad with Butternut Squash &  
Chick Peas (v)

Shredded Chicken, Avocado, Little Gem &  
Pomegranate

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### Tasty Tuesday

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Build Your Own Ramen Bar – Pulled Chicken  
Or Pork Belly With Miso Stock

Mushroom & Tofu with Miso Stock (v)

Add a Little...

Fine Egg Noodles, Soft Soy Eggs, Bean  
Sprouts, Stir Fried Veg, Bok Choi, Chilli &  
Sesame

Edgy Veggie/Power Protein Salad

Fried Green Bean Salad (v)

Smoked Duck, Fennel, Orange & Baby  
Spinach

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### Hump Day

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West Indian Grilled Snapper

Sweet Potato & Yam Coconut Curry (v)

Add a Little...

Rice n Peas,  
Fried Plantain  
& Calloo (v)

Edgy Veggie/Power Protein Salad

Heritage Beetroot with Balsamic & Rocket  
(v)

Cajun Blackened Beef Salad

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### Thursday Treat

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Beef Stroganoff

Wild Mushroom Stroganoff (v)

Add a Little...

Herby Rice  
&

Steamed Broccoli (v)

Edgy Veggie/Power Protein Salad

Baby Spinach, Pink Grapefruit, Grilled Leeks  
& Buckwheat (v)

Salami, Mixed Beans, Avocado With A Chilli  
& Lime Dressing

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### TGIF

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Bengali Chicken Kebabs, Grilled Cumin &  
Lamb Shaikh Kebabs With Lentil Dahl

Samosa Chaat (v)

Add a Little...

Indian Bread & Chutneys, Naans with piles  
of poppadum's & Steamed Rice  
(v)

Edgy Veggie/Power Protein Salad

Pasta, Pesto & Sun Blush Tomatoes (v)

Smoked Salmon, Broccoli, Black Olives,  
Wild Rocket & Crème Fraiche Dressing

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# Hitting plates this week...

## w/c 29th October 2018

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### Mega Monday

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Irish Stew With Herb Dumplings  
Mozzarella & Cracked Wheat filled  
Portobello Mushrooms (v)  
Add a Little...  
Roasted Parsnips  
&  
Green Beans (v)  
Edgy Veggie/Power Protein Salad  
Lentils, Beetroot, Chicory & Orange (v)  
  
Grilled Chicken, Crispy Bacon & Roquefort

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### Tasty Tuesday

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Grazing'S Pizza Parlour  
Margaretta Pizza (v)  
Add a Little...  
Chips N Dips  
&  
Caprese Salad  
Edgy Veggie/Power Protein Salad  
Jewelled Pearl Barley (v)  
Smoked Salmon, Baby Spinach, Cucumber &  
Dill

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### Halloween

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'Maggot' Crusted Fillet Of Salmon With  
Vampire Blood Sauce  
Cranberry & Feta  
filled Winter Squash (v)  
Add a Little...  
Steamed Kale  
&  
Saffron Rice (v)  
Edgy Veggie/Power Protein Salad  
Deville Duck Egg Salad with Beetroot  
Mayo & Crispy Capers (v)  
Confit Duck,  
Peanuts And Sprouts With

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### Thursday Treat

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Pulled Duck With Caramelised Orange  
Butternut & Pecan Nut Parcel (v)  
Add a Little...  
Chilli Roasted Courgettes with Pan Fried  
Potato Gnocchi (v)  
Edgy Veggie/Power Protein Salad  
Soba Noodles, Tender Stem, Shitake & Bean  
Sprouts (v)  
Salt Beef Green Beans, Shallots & Pink  
Grapefruit

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### TGIF

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Thai Style Beef  
Thai Green Vegetable Curry (v)  
Add a Little...  
Pad Thai  
&  
Stir Fried Vegetables  
Edgy Veggie/Power Protein Salad  
Red & White Rice, Carrots, Cashew Nuts,  
Spring Onions & Curry Oil (v)  
Crayfish, Leeks & Bitter Winter Leaves

