

Hitting plates this week...

w/c 5th November 2018

Mega Monday

Beef Jalfrezi

Penner & Vegetable Jalfrezi (v)

Add a Little...

Poppadum's, Pilaff Rice & Mango Chutney (v)

Edgy Veggie/Power Protein Salad

Roasted Broccoli, Kiwi, Goats Cheese & Toasted Almonds (v)

Thai Chicken Noodle Salad

Tasty Tuesday

Jack Daniels Glazed Sticky Chicken Drumsticks

Roasted Cauliflower & Blue Cheese Tartlets (v)

Add a Little...

Spiced Sweet Potato Wedges & Buttered Corn on the Cob (v)

Edgy Veggie/Power Protein Salad

Radicchio, Fennel,

Crumbled Goats Cheese & Olives (v)

Thin Sliced Rare Beef Wild Rocket, Shaved Parmesan & Croutons

Hump Day

Build Your Own Spiced Beef Fajitas

Build Your Own Vegetable Fajitas (v)

Add a Little...

Basmati Rice, Sour Cream, Guacamole, Salsa, Grated Cheese, Re Fried Beans & Tortilla wraps (v)

Edgy Veggie/Power Protein Salad

Pasta, Pickled Aubergine & Tarragon (v)

Grilled Chicken, Quinoa, Goat's Cheese & Pickled Carrots

Thursday Treat

Sri Lankan Fish curry

Sri Lankan Vegetable Curry (v)

Add a Little...

Coconut Rice, Poppadum's & Stir Fried Vegetables (v)

Edgy Veggie/Power Protein Salad

Mushroom a la Grecque (v)

Pulled Lamb, Olives, Feta & Green Beans

TGIF

Jerked Pulled Pork

Jerked Pulled Jack Fruit (v)

Add a Little...

Brioche Buns, Calypso Slaw, Shredded Iceberg & Crispy Shallots (v)

Edgy Veggie/Power Protein Salad

Baby Spinach, Orange & Pomegranate (v)

Smoked Chicken Waldorf



Hitting plates this week...

w/c 12th November 2018

Mega Monday

Turkey Escalopes with a Herb Crust & Mustard Cream Sauce
Herb Crusted Aubergine & Mustard Cream Sauce (v)

Add a Little...

Crushed New Potatoes & Maple Glazed Carrots (v)

Edgy Veggie/Power Protein Salad

Celeriac & Apple Slaw with Hazelnuts & Yogurt (v)

Thai Beef

Heritage Carrots Pecan & Sultanas (v)

Tasty Tuesday

Tandoori Roasted Snapper

Tandoori Grilled Pannier (v)

Add a Little...

Stir Fried Vegetables & Pilaff Rice (v)

Edgy Veggie/Power Protein Salad

Kale, Red Cabbage, Pumpkin & Sunflower Seeds with White Balsamic Dressing (v)

Chicken, Squash, Sage & Pasta Salad

Hump Day

Chunky Beef & Ale Pie
Topped with Puff Pastry Lid
Cauliflower & Leek
Filo Parcels (v)

Add a Little...

Creamy Mashed Potatoes & Steamed Broccoli (v)

Edgy Veggie/Power Protein Salad

Quinoa, Dried Cranberries, Toasted Walnuts, Pumpkin Seeds & Carrot Ribbons
Sweet Chili Prawns with Shaved Cucumbers & Avocados

Thursday Treat

Grazing's Build your own Pasta Bar - Linguine & Penne

Chunky Arrabbiata (v)

Add a Little...

Bolognese Sauce, Carbanora Sauce & Toppings

Edgy Veggie/Power Protein Salad

Classic Greek Salad (v)

Grilled Breast of Chicken with Chickpea, Shallots & Tomato Dressing

TGIF

Korean Spiced Chicken Stew

Tofu, Aubergine & Lotus Root Stew (v)

Add a Little...

Kimchee Rice &

Steamed Snow Peas (v)

Edgy Veggie/Power Protein Salad

Classic Caesar (v)

Tuna, Red Onion, Olives & Pasta Salad



Hitting plates this week... w/c 19th November 2018

Mega Monday

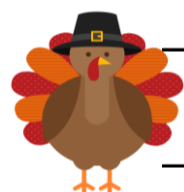
Brazilian Beef Feijoada
Veggie Feijoada & Sweet Potato & Kidney Beans (v)
Add a Little...
Roasted Carrots
&
Chive Roasted New Potato (v)
Edgy Veggie/Power Protein Salad
Roasted Cauliflower Scented with Cumin
Lime & Coriander (v)
Hot Smoked Salmon, Pasta, Avocado & Crispy Capers

Tasty Tuesday

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

Hump Day

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



Thanksgiving!

Butter Roasted Bronze Turkey
Butternut Squash & Chestnut
Filo Parcel (v)
Add a Little...
Served with all the Thanksgiving Roast
classics
Edgy Veggie/Power Protein Salad
Pumpkin, Cranberry
& Quinoa (v)
Maple Glazed Bacon
Shaved Sprouts

TGIF

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 26th November 2018

Mega Monday

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

Tasty Tuesday

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

Hump Day

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

Thursday Treat

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

TGIF

Chilli & Beef Hot Dog or Smokey Pork Hot Dog

Quorn Hot Dog

Add a Little...

Served with all the Hot Dog Toppings

Edgy Veggie/Power Protein Salad

Aromatic Lentils with Feta, Chilli & Coriander (v)

Grazing Bacon & Egg Salad

