

Hitting plates this week...

w/c 3rd December 2018

Mega Monday

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

Tasty Tuesday

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

Hump Day

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

Thursday Treat

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

TGIF

Sri Lankan Fish Curry

Sri Lankan Vegetable Curry (v)

Add a Little...

Coconut Rice,
Poppadum's
&

Edgy Veggie/Power Protein Salad

Mushroom a la Grecque (v)

Pulled Lamb, Olives, Feta & Green Beans



Hitting plates this week...

w/c 10th December 2018

Mega Monday

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

Hump Day

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

TGIF

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

Tasty Tuesday

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

Thursday Treat

Pulled Duck With Caramelised Orange

Butternut & Pecan Nut Samosa (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



Hitting plates this week...

w/c 17th December 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

Christmas!

Butter Roasted Breast Of Turkey With All The Trimming
Cauliflower and Roasted Chestnut Pithivier (v)

Add a Little...

Served with all the Christmas Dinner Trimmings

Edgy Veggie/Power Protein Salad

Pumpkin, Stilton, Pickled Walnuts & Cranberry (V)

Rare Roast Beef With Spinach & Horseradish

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

