

# A, B, C + W



## A

Monday + Friday

### Sandwiches

Egg Mayonnaise & Cress on Malted Grain (v, d)  
Roast Chicken Salad on Malted Grain (d)  
Smoked Salmon & Lemon on Malted Grain  
Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)  
Cheddar with Plum & Ginger Chutney on Malted Grain (v)  
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain  
Smoked Mackerel & Rocket in a Tomato Wrap  
Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d)  
Seeded Cereale Bagel with Brie & Cranberry (v)  
Roast Mushroom and Mozzarella on a Cereale Baguette (v)  
Roast Chicken Salad on Gluten Free Bread (g, d)  
Salmon Teriyaki on Malted Grain

### Finger Buffet

Homemade Thyme & Caramelised Onion Sausage Rolls (d)  
Panko Chicken Goujon (d)  
Slow Cooked Tomato & Basil (vegan, g, d)  
Lime, Chilli & Coriander Salmon Brochette (g, d)  
Fish Cake with Lemongrass & Ginger  
Samosa (vegan, d)  
Cheesy Paprika Puff (v)  
Baby Mozzarella & Cherry Tomato Brochette (v, g)

### Cakes

Orange, Ginger & Miso Cake (v)  
Healthy Seed Bar - Free From (vegan, g, d)  
Spiced Raisin Loaf Cake (vegan, d)  
Mini Muffins - 2 per portion (v)  
Lemon Polenta Cake (v, g, n)

## B

Tuesday + Thursday

### Sandwiches

Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d)  
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Roast Chicken Salad on Malted Grain (d)  
Smoked Mackerel & Rocket in a Tomato Wrap  
Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)  
Seeded Cereale Bagel with Brie & Cranberry (v)  
Roast Chicken Salad on Gluten Free Bread (g, d)  
Salmon Teriyaki on Malted Grain  
Cheddar with Plum & Ginger Chutney on Malted Grain (v)  
Smoked Salmon & Lemon on Malted Grain  
Roast Mushroom and Mozzarella on a Cereale Baguette (v)

### Finger Buffet

Stilton & Caramelised Red Onion Tart (v)  
Panko Chicken Goujon (d)  
Cocktail Sausages with Honey & Soy - 3 per portion (d)  
Queen Olives - 4 per portion (vegan, g, d)  
Lime, Chilli & Coriander Salmon Brochette (g, d)  
Fish Cake with Lemongrass & Ginger  
Cheesy Paprika Puff (v)  
Moroccan Houmous & Pepperonata Crostini (vegan, d)

### Cakes

Carrot Cake (v, n)  
Healthy Seed Bar - Free From (vegan, g, d)  
Spiced Raisin Loaf Cake (vegan, d)  
Cranberry Fruit Fool Tart - 2 per portion (v)  
Chocolate & Orange Brownie (v)

## C

Wednesday

### Sandwiches

Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d)  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Roast Chicken Salad on Gluten Free Bread (g, d)  
Smoked Salmon & Lemon on Malted Grain  
Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)  
Roast Mushroom and Mozzarella on a Cereale Baguette (v)  
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain  
Smoked Mackerel & Rocket in a Tomato Wrap  
Cheddar with Plum & Ginger Chutney on Malted Grain (v)  
Roast Chicken Salad on Malted Grain (d)  
Salmon Teriyaki on Malted Grain  
Seeded Cereale Bagel with Brie & Cranberry (v)

### Finger Buffet

Stilton & Caramelised Red Onion Tart (v)  
Homemade Thyme & Caramelised Onion Sausage Rolls (d)  
Cocktail Sausages with Honey & Soy - 3 per portion (d)  
Lime, Chilli & Coriander Salmon Brochette (g, d)  
Fish Cake with Lemongrass & Ginger  
Samosa (vegan, d)  
Moroccan Houmous & Pepperonata Crostini (vegan, d)  
Baby Mozzarella & Cherry Tomato Brochette (v, g)

### Cakes

Orange, Ginger & Miso Cake (v)  
Healthy Seed Bar - Free From (vegan, g, d)  
Spiced Raisin Loaf Cake (vegan, d)  
Lemon Polenta Cake (v, g, n)  
Chocolate & Orange Brownie (v)

## W

Weekend

### Sandwiches

Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)  
Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d)  
Cheddar with Plum & Ginger Chutney on Malted Grain (v)  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Turkey with Sauerkraut & Blackberry in a Spinach Wrap (d)  
Roast Chicken Salad on Malted Grain (d)  
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain  
Smoked Mackerel & Rocket in a Tomato Wrap  
Salmon Teriyaki on Malted Grain (d)  
Smoked Salmon & Lemon on Malted Grain

### Finger Buffet

Slow Cooked Tomato & Basil (vegan, g, d)  
Samosa (vegan, d)  
Queen Olives - 4 per portion (vegan, g, d)  
Baby Mozzarella & Cherry Tomato Brochette (v, g)  
Stilton & Caramelised Red Onion Tart (v)  
Cocktail Sausages with Honey & Soy - 3 per portion (d)  
Homemade Thyme & Caramelised Onion Sausage Rolls (d)  
Lime, Chilli & Coriander Salmon Brochette (g, d)

### Cakes

Spiced Raisin Loaf Cake (vegan, d)  
Healthy Seed Bar - Free From (vegan, g, d)  
Orange, Ginger & Miso Cake (v)  
Carrot Cake (v, n)  
Lemon Polenta Cake (v, g, n)  
Chocolate & Orange Brownie (v)  
Mini Muffins (v)

**Dietary Legend:** g: no gluten-containing ingredients; d: no dairy-containing ingredients; n: contains nuts; v: vegetarian; vegan

**WINTER 2024**