

A, B, C + W



A

Monday + Friday

Sandwiches

Egg Mayonnaise & Cress on Malted Grain (v, d)
Roast Chicken & Cucumber on Malted Grain (d)
Prawn Cocktail on Malted Grain (d)
Falafel & Baba Ganoush Wrap (vegan, d)
Cheddar & Rhubarb Chutney on Malted Grain (v)
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
Smoked Mackerel in a Spinach Wrap
Houmous & Green Olive Tapenade on Malted Grain (vegan, d)
Mozzarella, Tomato, Olive & Basil in Ciabatta (v)
Veggie New Yorker on Multi Seed Bloomer (v)
Cajun Chicken & Tomatade Wrap (d)
Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)

Finger Buffet

Bella Lodi Chicken Strip
Chicken Brochette with Chilli & Oregano (g, d)
Free From Tapenade Bruschetta (vegan, g, d)
Salmon Brochette with Chilli & Ginger (g, d)
Smoked Mackerel Crostini
Samosa (vegan, d)
Pizza with Mozzarella & Sunblush Tomatoes (v)
Chilli Cheese Corn Muffins (v, g)

Cakes

Cherry Flapjack (v)
Healthy Seed Bar - Free From (vegan, g, d)
Strawberry Crumble Slice (vegan, d)
Mini Muffins - 2 per portion (v)
Orange Polenta Loaf (v, g, n)

B

Tuesday + Thursday

Sandwiches

Houmous & Green Olive Tapenade on Malted Grain (vegan, d)
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
Egg Mayonnaise & Cress on Malted Grain (v, d)
Roast Chicken & Cucumber on Malted Grain (d)
Smoked Mackerel in a Spinach Wrap
Falafel & Baba Ganoush Wrap (vegan, d)
Mozzarella, Tomato, Olive & Basil in Ciabatta (v)
Cajun Chicken & Tomatade Wrap (d)
Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)
Cheddar & Rhubarb Chutney on Malted Grain (v)
Prawn Cocktail on Malted Grain (d)
Veggie New Yorker on Multi Seed Bloomer (v)

Finger Buffet

Feta, Cherry Tomato & Basil Tart (v)
Chicken Brochette with Chilli & Oregano (g, d)
Chorizo & Red Onion Sausage Rolls (d)
Queen Olives - 4 per portion (vegan, g, d)
Salmon Brochette with Chilli & Ginger (g, d)
Smoked Mackerel Crostini
Pizza with Mozzarella & Sunblush Tomatoes (v)
Chestnut Mushroom Vegan Sausage Roll (vegan, d)

Cakes

Coconut & Passion Fruit Drizzle Cake (v)
Healthy Seed Bar - Free From (vegan, g, d)
Strawberry Crumble Slice (vegan, d)
Raspberry Tartlet - 2 per portion (v)
Blondie Brownie (v)

C

Wednesday

Sandwiches

Houmous & Green Olive Tapenade on Malted Grain (vegan, d)
Egg Mayonnaise & Cress on Malted Grain (v, d)
Cajun Chicken & Tomatade Wrap (d)
Prawn Cocktail on Malted Grain (d)
Falafel & Baba Ganoush Wrap (vegan, d)
Veggie New Yorker on Multi Seed Bloomer (v)
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
Smoked Mackerel in a Spinach Wrap
Cheddar & Rhubarb Chutney on Malted Grain (v)
Roast Chicken & Cucumber on Malted Grain (d)
Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)
Mozzarella, Tomato, Olive & Basil in Ciabatta (v)

Finger Buffet

Feta, Cherry Tomato & Basil Tart (v)
Bella Lodi Chicken Strip
Chorizo & Red Onion Sausage Rolls (d)
Salmon Brochette with Chilli & Ginger (g, d)
Smoked Mackerel Crostini
Samosa (vegan, d)
Chestnut Mushroom Vegan Sausage Roll (vegan, d)
Chilli Cheese Corn Muffins (v, g)

Cakes

Cherry Flapjack (v)
Healthy Seed Bar - Free From (vegan, g, d)
Strawberry Crumble Slice (vegan, d)
Orange Polenta Loaf (v, g, n)
Blondie Brownie (v)

W

Weekend

Sandwiches

Falafel & Baba Ganoush Wrap (vegan, d)
Houmous & Green Olive Tapenade on Malted Grain (vegan, d)
Cheddar & Rhubarb Chutney on Malted Grain (v)
Egg Mayonnaise & Cress on Malted Grain (v, d)
Cajun Chicken & Tomatade Wrap (d)
Roast Chicken & Cucumber on Malted Grain (d)
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
Smoked Mackerel in a Spinach Wrap
Prawn Cocktail on Malted Grain (d)

Finger Buffet

Samosa (vegan, d)
Chestnut Mushroom Vegan Sausage Roll (vegan, d)
Queen Olives - 4 per portion (vegan, g, d)
Chilli Cheese Corn Muffins (v, g)
Feta, Cherry Tomato & Basil Tart (v)
Chicken Brochette with Chilli & Oregano (g, d)
Chorizo & Red Onion Sausage Rolls (d)
Salmon Brochette with Chilli & Ginger (g, d)

Cakes

Strawberry Crumble Slice (vegan, d)
Healthy Seed Bar - Free From (vegan, g, d)
Cherry Flapjack (v)
Coconut & Passion Fruit Drizzle Cake (v)
Orange Polenta Loaf (v, g, n)
Blondie Brownie (v)
Mini Muffins (v)

Dietary Legend: g: no gluten-containing ingredients; d: no dairy-containing ingredients; n: contains nuts; v: vegetarian; vegan
SUMMER 2024