

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)
Houmous & Vegan Cumin Mince Wrap (vegan, d)
Cheddar & Pear Chutney on Malted Grain (v)
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
Hot Smoked Salmon & Chickpea with Chilli Mustard on Malted Grain (d)
Coronation Cauliflower 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)
Smoked Mackerel in a Spinach Wrap

Finger Buffet

Free From Tapenade Bruschetta (vegan, g, d)
Spinach & Lentil Samosa (vegan, d)
Chilli Cheese Corn Muffins (v, g)
Mozzarella, Slow Roasted Tomatoes & Nduja Pizza (v)
Chorizo & Red Onion Sausage Rolls
Bella Lodi Chicken Strips
Chilli & Maple Marinated Salmon Skewer (g, d)
Smoked Mackerel Crostini

Cakes

Strawberry Crumble Slice (vegan, d)
Healthy Seed Bar - Free From (vegan, g, d)
Blueberry Mini Muffin - 2 Per Portion (v)
Cherry Flapjack (v)
Courgette Cake (v, d)

B

Tuesday + Thursday

Sandwiches

Coronation Cauliflower 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
Houmous & Vegan Cumin Mince Wrap (vegan, d)
Mozzarella, Tomato, Olive & Basil in Ciabatta (v)
Roast Rosemary Chicken on Gluten Free Bread (g, d)
Hot Smoked Salmon & Chickpea with Chilli Mustard on Malted Grain (d)
Cheddar & Pear Chutney on Malted Grain (v)
Prawn Cocktail on Malted Grain (d)
Veggie New Yorker on Multi Seed Bloomer (v)

Finger Buffet

Chestnut Mushroom Vegan Sausage Roll (vegan, d)
Queen Olives - 4 per portion (vegan, g, d)
Mozzarella, Slow Roasted Tomatoes & Nduja Pizza (v)
Feta, Cherry Tomato & Basil Tart (v)
Bella Lodi Chicken Strips
Chorizo & Red Onion Sausage Rolls
Chilli & Maple Marinated Salmon Skewer (g, d)
Smoked Mackerel Crostini

Cakes

Healthy Seed Bar - Free From (vegan, g, d)
Strawberry Crumble Slice (vegan, d)
Blueberry Mini Muffin - 2 Per Portion (v)
Courgette Cake (v, d)

C

Wednesday

Sandwiches

Coronation Cauliflower on Malted Grain (vegan, d)
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
Egg Mayonnaise & Cress on Malted Grain (v, d)
Roast Rosemary Chicken on Gluten Free Bread (g, d)
Hot Smoked Salmon & Chickpea with Chilli Mustard on Malted Grain (d)
Houmous & Vegan Cumin Mince Wrap (vegan, d)
Mozzarella, Tomato, Olive & Basil in Ciabatta (v)
Cajun Chicken & Tomatade Wrap (d)
Smoked Mackerel in a Spinach Wrap
Cheddar & Pear Chutney on Malted Grain (v)
Prawn Cocktail on Malted Grain (d)
Veggie New Yorker on Multi Seed Bloomer (v)

Finger Buffet

Spinach & Lentil Samosa (vegan, d)
Chestnut Mushroom Vegan Sausage Roll (vegan, d)
Chilli Cheese Corn Muffins (v, g)
Feta, Cherry Tomato & Basil Tart (v)
Chorizo & Red Onion Sausage Rolls
Bella Lodi Chicken Strips
Chilli & Maple Marinated Salmon Skewer (g, d)
Smoked Mackerel Crostini

Cakes

Mini Muffins (v)
Healthy Seed Bar - Free From (vegan, g, d)
Cherry Flapjack (v)
Strawberry Crumble Slice (vegan, d)

W

Weekend

Sandwiches

Houmous & Vegan Cumin Mince Wrap (vegan, d)
Coronation Cauliflower on Malted Grain (vegan, d)
Cheddar & Pear Chutney on Malted Grain (v)
Egg Mayonnaise & Cress on Malted Grain (v, d)
Veggie New Yorker on Multi Seed Bloomer (v)
Cajun Chicken & Tomatade Wrap (d)
Roast Chicken & Cucumber on Malted Grain (d)
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
Roast Rosemary Chicken on Gluten Free Bread (g, d)
Smoked Mackerel in a Spinach Wrap
Prawn Cocktail on Malted Grain (d)

Finger Buffet

Spinach & Lentil 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)
Chilli & Maple Marinated Salmon Skewer (g, d)

Cakes

Cherry Flapjack (v)
Coconut & Passion Fruit Drizzle Cake (v, d)
Orange Polenta Loaf (v, g, n)
Blondie Brownie (v)
Strawberry Crumble Slice (vegan, d)