

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
Salmon Teriyaki on Malted Grain
Avocado & Mediterranean Vegetables in a Piedmont Baguette (vegan, d)
Seeded Cereale Bagel with Brie & Cranberry (v)
Roast Mushroom and Mozzarella on a Cereale Baguette (v)
Turkey with Sauerkraut & Blackberry in a Wrap (d)
Smoked Mackerel & Rocket in a Spinach Wrap

Finger Buffet

Slow Cooked Tomato & Basil (vegan, g, d)
Samosa (vegan, d)
Pickled Blackberry Crostini (v)
Cheesy Paprika Puff (v)
Cocktail Sausages with Honey & Soy - 3 per portion (d)
Homemade Thyme & Caramelised Onion Sausage Rolls (d)
Lime, Chilli & Coriander Salmon Brochette (g, d)
Smoked Haddock Pakora (g, d)

Cakes

Healthy Seed Bar with Blueberries - Free From (vegan, g, d)
Lemon & Raisin Mini Muffin - 2 Per Portion (v)
Orange, Ginger & Miso Cake (v)
Cranberry Fruit Fool Tart - 2 per portion (v)

B

Tuesday + Thursday

Sandwiches

Avocado & Mediterranean Vegetables in a Piedmont 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)
Salmon Teriyaki on Malted Grain
Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)
Seeded Cereale Bagel with Brie & Cranberry (v)
Turkey with Sauerkraut & Blackberry in a Wrap (d)
Smoked Mackerel & Rocket in a Spinach Wrap
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

Beetroot & Quinoa Bites with Houmous (vegan, d)
Queen Olives - 4 per portion (vegan, g, d)
Cheesy Paprika Puff (v)
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)
Smoked Haddock Pakora (g, d)

Cakes

Healthy Seed Bar with Blueberries - Free From (vegan, g, d)
Spiced Raisin Loaf Cake (vegan, d)
Lemon & Raisin Mini Muffin - 2 Per Portion (v)
Cranberry Fruit Fool Tart - 2 per portion (v)

C

Wednesday

Sandwiches

Avocado & Mediterranean Vegetables in a Piedmont Baguette (vegan, d)
Egg Mayonnaise & Cress on Malted Grain (v, d)
Turkey with Sauerkraut & Blackberry in a Wrap (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
Salmon Teriyaki on Malted Grain
Cheddar with Plum & Ginger Chutney on Malted Grain (v)
Roast Chicken Salad on Malted Grain (d)
Smoked Mackerel & Rocket in a Spinach Wrap
Seeded Cereale Bagel with Brie & Cranberry (v)

Finger Buffet

Samosa (vegan, d)
Beetroot & Quinoa Bites with Houmous (vegan, d)
Pickled Blackberry Crostini (v)
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)
Smoked Haddock Pakora (g, d)

Cakes

Lemon & Raisin Mini Muffin - 2 Per Portion (v)
Healthy Seed Bar with Blueberries - Free From (vegan, g, d)
Orange, Ginger & Miso Cake (v)
Spiced Raisin Loaf Cake (vegan, d)

W

Weekend

Sandwiches

Moroccan Fable Mushrooms & Houmous Wrap (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 Wrap (d)
Roast Chicken Salad on Malted Grain (d)
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain
Smoked Mackerel & Rocket in a Spinach Wrap
Smoked Salmon & Lemon on Malted Grain

Finger Buffet

Beetroot & Quinoa Bites with Houmous (vegan, d)
Samosa (vegan, d)
Stilton & Caramelised Red Onion Tart (v)
Cocktail Sausages with Honey & Soy - 3 per portion (d)
Chicken Brochette - Red Pepper & Garlic (g, d)
Lime, Chilli & Coriander Salmon Brochette (g, d)
Queen Olives - 4 per portion (vegan, g, d)

Cakes

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

Dietary Legend: g: no gluten-containing ingredients; d: no dairy-containing ingredients; n: contains nuts; v: vegetarian; vegan
WINTER 2025