



JULY & AUGUST 2018

Monday

- Zucchini, haloumi, spinach, lemon pancakes; smoked salmon; labne
- Malaysian curry puffs
- Harissa spiced chicken skewers
- Saganaki meatballs; tomato & fetta
- Mixed vegetable gratin
- Baked polenta with a rich beef ragu
- Tunisian roasted carrot & chickpea salad; mint, parsley, coriander, harissa
- Broccoli, walnut & fetta couscous salad
- Beef & mushroom pies
- Veal dipped in egg & parmesan; salsa verde

Tuesday

- "Green" egg & bacon pies
- Eggplant parmigiana; rich tomato sugo, parmesan
- Lamb cutlets; rosemary crumbs
- Brussel sprouts; caramelised bacon, buttery onion
- Linguine, chicken, confit garlic, tomato & spinach
- Autumn chicken and mushroom hot pot
- Algerian spiced potatoes; turmeric, yoghurt
- Chicken & vegetable burgers; Lafayette's chilli jam
- Chicken, cashew & vegetable stir fry

Wednesday

- Roasted cauliflower frittata
- Jumbo fish fingers; salmon, panko crumbs, tartare
- Japanese brussel sprout, chicken & green bean salad; sesame miso dressing
- Sicilian stuffed artichoke with spiced beef; tomato ragu
- Vegetarian pasta bake; pumpkin, tomato sugo, spinach, parmesan
- Slow braised beef cheeks; red wine, mushroom, thyme
- Confit potatoes, onion & thyme
- Peas with goats cheese, crispy shallots
- Slow braised Lamb shepard's pies



Thursday

- Chicken breast stuffed with cranberries & pistachio
- Mixed vegetable gratin
- Lemon braised chicken; oregano, garlic, olives
- Southern fried chicken; harissa mayo
- Brussel sprouts; caramelised bacon, buttery onion
- Beef & mushroom pies
- Pasta with a pesto, tomato & spinach ragu
- Vegetarian samosa; mint yoghurt
- Spanakopita
- Veal parmigiana

Friday

- Chicken, cashew & vegetable stir fry
- Lafayette's fish cakes; tartare sauce
- Lambs fry and bacon; red wine sauce
- Moroccan lamb filo parcels
- Middle Eastern Quinoa salad; tahini lemon dressing
- Chicken, basil, ricotta meatballs; tomato & mozzarella bake
- Brussel sprouts; caramelised bacon, buttery onion
- Chicken & mushroom tarts; parmesan crumbs
- Peas with goats cheese, crispy shallots
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Weekends

- Toasties
- Sandwiches
- Pies
- Cakes & desserts
- Coffee