

- Variety of menus -

/ By Melinda /

Starters: Hummus with cut veggies (carrots, celery sticks, cucumber)and quinoa flat bread
Avocado mousse with spicy prawns
Bruschetta with tomato and basil
Egg mousse
Tomato and basil tartlets
Parma ham and melon
Rocket salad with figs and Parma ham
Grilled goats cheese on baguette and salad
Mushroom Pancake
Prawn and avocado tian
Prawn cocktail in rose Marie sauce with salad
Sautéed Scallops
Sushi maki (with avocado, cucumber, carrots, salmon filling)

Soups: Gazpacho / cold- summery /
Thai coriander chicken soup
Cucumber and dill soup
Italian Tomato soup (cold summery)
French onion soup
Leek and potato soup
Courgette soup
Fresh mushroom soup with tarragon
Celeriac soup
Broccoli and almond soup
Chicken noodle s
Pea and mint soup
Minestrone soup
Lentil and carrot soup
Asparagus soup
Curried carrot ginger soup with chickpeas
Butternut squash or Pumpkin soup

Salads: Three bean salad
Lentil salad
Smoked chicken salad
Salad a la nicoise
Cucumber salad
Tomato and basil salad
Quinoa salad (with coriander, garden peas, cucumber, pear, lime)
Purple Cabbage and Edamame salad
Simple green salad with roasted pine nuts

Salad dressings: Everyday salad dressing (olive oil, lemon juice, apple cider vinegar, pressed
Garlic, Dijon mustard, a bit of raw honey, salt and
Pepper)
Avocado basil dressing (half of avocado, fresh basil, orange juice, fresh spinach)
French dressing

Light lunch main menu:

One pot chicken pasta
Quiche
Italian Lasagne
Salmon and leek risotto
Roast chicken with roast potatoes
Chicken stripes with Plantain cooking banana and pak-choi served with green salad
Pasta Carbonara
Spaghetti in homemade tomato sauce
Creamy spinach and mushroom pasta
Pasta with pesto and asparagus tips
Cheese soufflé
Fish pie
Hungarian Chicken stew
Sea bass with vegetable
Grilled chicken escalope with herb
Spinach stuffed chicken breast with vegetable or salad
Chicken with lemon tarragon
Chicken nuggets
Grilled Salmon fillet with salad
Chicken and mushroom pie
Cottage Pie or Shepherd's pie
Whole roast chicken with lemon and rosemary

Vegan GF light lunch variations:

Onion and anchovy tart
Plantain (cooking banana) wrap
Asparagus risotto
Red lentil dahl with rice
Vegan mac & cheese (potato, carrots, cashews, pl based milk, Onion, garlic, tapioca starch)
Vegan Alfredo sauce pasta
Chickpea pancake
Sweet potato lentil bites
Vegetable curry
Veggie salad with Miso lime dressing (beet root, carrot, Cucumber, tomato, red onion, avo. ...)
Lentil Bolognese
Vegan lasagne
Sweet potato flat bread
Sushi maki variations
Quinoa bread with homemade hummus
Chickpea or Bean burger
Cauliflower pizza crust pizza
All the salad listed above

Dinner main menu variety:

Rack of Lamb with mustard
Rack of lamb with herb crust
Filet de Boeuf with béarnaise sauce
Beef steak with peppercorn sauce
Beef stew
Whole roast chicken with lemon and rosemary
Tuna with garlic
Chicken breast with lemon tarragon and creme fraiche
Pesto stuffed chicken breast wrapped in parma ham
Spinach stuffed chicken breast wrapped in parma ham or bacon
Leg of lamb
Wiener schnitzel with lemon, mashed potatoes and garlic spinach
Winter oven beef stew
Lamb stew

Desert

Chocolate pods
Chocolate mousse
Chocolate semifreddo
Chocolate roulade
Tiramisu or Lemon tiramisu
Strawberry tart
Fresh fruit tartlets
Lemon and lime tart
Pears poached in red wine (**Vegan and GF**)
Honey and vanilla poached peaches (**Vegan and GF**)
Raspberry meringue roulade
Banana pancake (**Vegan and GF**)
Frozen raspberry parfait
Fresh berries with lime honey yoghurt
Vanilla panna cotta with fruit
Vegan tiramisu (**Vegan and GF**)
Carrots Zucchini mini muffins (**Vegan and GF**)