

Menu day 1

Soup

Tomato & basil soup - (GF & DF)
Thai spiced chunky chicken soup with water chestnuts, ginger, mushroom,
chilli, coriander, low fat coconut milk

Bread & cracker selection

Main

Sesame crusted tuna loin, mango & avocado salsa
Five spices marinated chicken stir fry
Cauliflower, spinach & chick pea curry

Braised basmati rice with peas, corn & coriander
Seasoned green beans, sugar snaps & kale

Power Salad bar

Baby spinach, avocado, celery & Baby kale
Inca tomato salad with basil, mint, courgettes & pickled shallot rings
Lentil salad with roasted beetroot, red onion & feta
Cumin spiced roasted sweet potato, bell peppers, courgettes & toasted pumpkin seeds

Virgin olive oil & balsamic vinegar
Yogurt & parsley & lime low fat dressing
Roasted tomato vinaigrette

Dessert

Selection Whole fruit, apples, pears, orange & banana
Sliced fruit platter, water & honeydew melon with kiwi, spiced with mint & Demerara
Individual Greek yogurt - rhubarb ripple
Carrot cake with frosted cream cheese topping
Homemade apricot flapjack

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Menu day 2

Soup

Carrot, red lentil & coriander - (GF & DF)
Tomato, bell pepper, borlotti bean & kale minestrone
Bread & cracker selection

Main

Roasted cod loin with aubergine, almond & tomato relish
Teriyaki beef, pak choi, baby corn scallion & chilli
Quorn tomato, courgette & tarragon bake

Whole grain & wild rice with roasted red onions & field mushrooms
Seasoned broccoli, savoy cabbage & garden peas

Power Salad bar

Asparagus, courgette, cucumber, avocado & baby gem
Sliced beef tomato salad with rocket, basil, bocconcini, & Greek olives
Warm spiced roasted cauliflower salad with chickpeas, mint & pomegranate
Pearl barley, beetroot, mange tout, red and yellow Belgium endive with curly parsley dressing

Virgin olive oil & balsamic vinegar
Yogurt, coriander & yuzu low fat dressing
vinaigrette dressing with whole grain mustard

Dessert

Selection Whole fruit, apples, pears, orange & banana
Sliced fruit platter, pineapple Carpaccio with mango & fresh lime
Individual Greek yogurt - with strawberry & blueberry
Banana & walnut cake
Homemade chocolate & coconut flapjack

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Menu day 3

Soup

Roasted butternut squash soup with hint of chilli & ginger - (GF & DF)
Smoked haddock, new potato & Sweetcorn chowder with baby spinach & chives
Bread & cracker selection

Main

Grilled mackerel fillets with fennel, orange & radish
Slow cooked lamb tagine with apricot, lemon & aubergine
Quorn mince, tomato, courgette & aubergine moussaka glazed with feta

Jumbo Israeli cous cous with, coriander, roasted courgettes, & red onion
Seasoned sugar snaps, Chantenay carrots & romanesco with thyme

Power Salad bar

Grilled pears, pecorino, celery, avocado & rocket
Rhubarb & mixed tomato salad with elderflower, cider vinegar & Dijon mustard
Grilled corn, chard spring onions & butterbean salad with sundried tomatoes & pecans
Quinoa, kale, roasted squash & pomegranate

Virgin olive oil & balsamic vinegar
Yogurt, mint, cucumber low fat dressing
Vinaigrette dressing with roasted pimento's

Dessert

Selection Whole fruit, apples, pears, orange & banana
Sliced fruit platter, honeydew melon with strawberries & black pepper
Individual Greek yogurt - with raspberry's & black berries
Salted caramel cupcake
Homemade granola bar with cranberries & pistachio

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Menu day 4

Soup

Cauliflower Soup, (GF & DF)
Chunky chipotle spiced tomato, black beans , mixed pepper & coriander
Bread & cracker selection

Main

Moroccan spiced seafood stew with tomatoes white fish & prawns
Southern style pulled pork with collard greens & apple slaw
Warm frittata with goats cheese, roasted red onions & walnuts

Cous cous with raisin, fresh mint & pomegranate
Seasoned green beans, sugar snaps & kale

Power Salad bar

Butter lettuce, watercress, apple & avocado
Cherry tomato, vine tomatoes, romano peppers, pomegranate molasses & pomegranate seeds
Cannellini beans, basil, artichoke, olives and House cured tomatoes
Teff salad with charred scallions, peas & shoots

Virgin olive oil & balsamic vinegar
Yogurt, honey, & ginger
Orange & basil vinaigrette

Dessert

Selection Whole fruit, apples, pears, orange & banana
Sliced fruit platter, water & honeydew melon with kiwi, spiced with mint & Demerara
Individual Greek yogurt - peach & vanilla
Lemon & poppy seed cake
Banana flapjack

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Menu day 5

Soup

Simple Mushroom Soup- (GF & DF)
Indian spiced green lentil, spinach & coconut soup
Bread & cracker selection

Main

Baked Pollock & crushed minted peas
Chicken breast, satay sauce & oriental vegetables
Mixed bean chilli with roasted vegetable & coriander

Sweet potato wedges
Seasoned broccoli, savoy cabbage & garden peas

Power Salad bar

Fine green beans, shaved fennel, iceberg & avocado
Tomato, watermelon, crumbled feta & black pepper
Flageolet beans, edamame, shredded carrot with soy & ginger
Freekeh with roasted courgettes, pine nuts, parsley & greek yogurt

Virgin olive oil & Balsamic vinegar
Yogurt, chives & celery salt
Classic french vinaigrette dressing

Dessert

Selection Whole fruit, apples, pears, orange & banana
Sliced fruit platter, pineapple Carpaccio with mango & fresh lime
Individual Greek yogurt - mango & passion fruit
Ginger parkin cake
Raspberry granola bar

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Menu day 6

Soup

Smooth celeriac, celery & leek - (GF & DF)
Jerk spiced chicken, Sweetcorn & yellow split pea
Bread & cracker selection

Main

Baked smoked haddock with roasted vegetable & line crème fraiche
Coronation style turkey with toasted pitta
Chargrilled fennel, smoked tofu, beef steak tomato & nut free pesto

Rosemary baked new potatoes
Seasoned sugar snaps, Chantenay carrots & romanesco with thyme

Power Salad bar

Okra, rocket, boston lettuce & avocado
Marinated sun dried tomato salad with cherry tomatoes, basil & pine nuts
Black beans, corn, bell peppers & pickled jalapenos
Anya potatoes turmeric roasted with chicory & tender stem broccoli

Virgin olive oil & balsamic vinegar
Yogurt, cucumber juice & chillies
Vinaigrette dressing with berries & raspberry vinegar

Dessert

Selection Whole fruit, apples, pears, orange & banana
Sliced fruit platter, honeydew melon with strawberries & black pepper
Individual Greek yogurt - pineapple & coconut
Blueberry muffin
Homemade granola bar with dates & cherries

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