



Sample Menu Plan

Lunch

Spaghetti Vongole

Caprese Salad

Rosemary and sundried tomato foccacia bread

Warm rocket salad with pancetta and pine nuts

Herby roast chicken with lemon

Roast seasonal vegetables

Goats cheese and beetroot salad

Red onion Fougasse

Vegetable tagine

Mint and date couscous

Halloumi and orange salad

Hummus and pitta

Thai beef salad

Red vegetable curry

Jasmine rice

Stir fry ginger noodles

Prawn, avocado and mango salad

Lemon, herb and parmesan crusted fish

Creamy potato bake

Lamb souvlaki

Stuffed eggplant

Tzatziki

Greek salad

Dinner

Mozzarella with glazed figs and mint

Chicken with apricots, rosemary and ginger

White bean mash

Pear, hazelnut and Chocolate cake

Mussels saganaki

Dorada with white wine and lemon

Dauphinoise potatoes

White chocolate and strawberry roulade

Watermelon and herb salad

Maple-mustard pulled pork with guacamole & pico de gallo

Mexican cinnamon brownies

Chickpea and cashew salad

South Indian Fish curry

Coconut rice Carrot cake with lime mascarpone icing

Sweet potato Gnocchi with parsley pesto

Beef tagliata with rocket and parmesan

Tiramisu