

# FRESSSH

## THREE WEEK MENU

NORSECATERING.CO.UK

### LUNCH MENU - WEEK ONE

WEEK COMMENCING

25 FEB | 18 MARCH | 22 APRIL | 13 MAY  
10 JUNE | 1 JULY | 22 JULY

FRESSSH PLATED

FRESSSH BOWLS

FRESSSH STREET

FRESSSH SWEET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Al Forno with Garlic Flatbread and Garden Salad or Spinach and Ricotta Cannelloni with Garlic Flatbread and Garden Salad (v) <b>VEGAN</b>	Panko-Crumbed Chicken with Katsu Curry Sauce and Sticky Rice or Tofu with Katsu Curry Sauce and Sticky Rice (v) <b>VEGAN</b>	Steak and Mushroom Pie with Mustard Mash and Seasonal Vegetables or Vegemince and Onion Pie with Mustard Mash and Seasonal Vegetables (v) <b>VEGAN</b>	Sticky Sweet Chilli Chicken with Noodles and Shredded Veg or Oriental Sweet Chilli Vegetables with Rice Noodles (v) <b>VEGAN</b>	Battered Fish with Chunky Chips, Mushy Peas or Beans or Chickpea and Bean Fritter with Chunky Chips, Mushy Peas or Beans (v) <b>VEGAN</b>
Sticky Chinese Pork with Udon Noodles	Halloumi with Roasted Butternut Squash and Quinoa	Tomato and Basil Pasta Topped with Mozzarella	Spicy Kofta Meatballs with Cous-Cous	"Loaded Chips" Chunky Chips topped with Fried Onions, Bacon Bits, Gravy and Cheese
Falafel Pattie with Avocado Salsa in Lebanese Flatbread (v) <b>VEGAN</b>	German Bratwurst Sausage in a Hot Dog Roll with Mustard Mayo and Crispy Onions	Curried Chicken Naan Burger with Chilli Mango and Indian Salad	Spinach and Mozzarella Calzone	Jamaican Jerk Chicken Wrap with Rainbow Salad
Chocolate and Raspberry Brownie or Fresssh Fruit Pot	Zesty Lemon Cheesecake or Fresssh Fruit Pot	Parsnip and Marmalade Cake or Fresssh Fruit Pot	Sweet Waffle with Chocolate Sauce or Fresssh Fruit Pot	Ice Cream with Fruit Toppings or Fresssh Fruit Pot

# LUNCH MENU - WEEK TWO

WEEK COMMENCING

4 MARCH | 25 MARCH | 29 APRIL  
20 MAY | 17 JUNE | 8 JULY

FRESH PLATED

FRESH BOWLS

FRESH STREET

FRESH SWEET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chinese Sticky Pork with Cantonese Vegetables and Rice Noodles or Chinese Sticky Tofu with Cantonese Vegetables and Rice Noodles (v) <b>VEGAN</b>	Beef Burrito with Mexican Rice and Charred Sweetcorn or Vegemince Burrito with Mexican Rice and Charred Sweetcorn (v) <b>VEGAN</b>	Pork with Gravy, Roast Potatoes and Seasonal Vegetables or Vegetable Roast with Gravy, Roast Potatoes and Seasonal Vegetables (v)	Spaghetti Carbonara with Garlic Bread and Garden Salad or Creamy Mushroom Spaghetti with Garlic Bread and Garden Salad (v)	Smoked Haddock Fishcake with Chunky Chips, Mushy Peas or Beans or Chickpea and Bean Fritter with Chunky Chips, Mushy Peas or Beans (v) <b>VEGAN</b>
Moroccan Cous-Cous with Spiced Cauliflower (v) <b>VEGAN</b>	Louisiana Buttermilk Chicken Bites with Skinny Sweet Potato Fries and Cajun Dipping Sauce	Thai-Infused Vegetables with Rice Noodles (v) <b>VEGAN</b>	Falafel Bites with Warm Quinoa and Lentil Salad (v) <b>VEGAN</b>	"Loaded Chips" Chunky Chips topped with Pulled BBQ Pork and Garlic Aioli
Jumbo Fish Goujon in a Wrap with Salad and Tartare Sauce	Tomato and Meatball Sub with Cheese	Ultimate Texan Burger with BBQ Sauce, Bacon and Tangy Cheese	Spicy Chicken and Avocado Quesadilla	Tofu, Sweet Pepper and Onion Fajita Wrap (v) <b>VEGAN</b>
Shortbread Bites or Fresssh Fruit Pot	Mini Doughnuts with a Chocolate Dip or Fresssh Fruit Pot	Lemon and Poppy Seed Cake or Fresssh Fruit Pot	Forest Fruits Baked Cheesecake or Fresssh Fruit Pot	Fruit Flapjack or Fresssh Fruit Pot

# LUNCH MENU - WEEK THREE

WEEK COMMENCING

1 MARCH | 1 APRIL | 6 MAY | 3 JUNE  
24 JUNE | 15 JULY

FRESH PLATED

FRESH BOWLS

FRESH STREET

FRESH SWEET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Dhansak Curry with Pilaf Rice and a Poppadum or Vegetable Dhansak Curry with Pilaf Rice and a Poppadum (v) <b>VEGAN</b>	Beef Lasagne with Garlic Dough Balls and Garden Salad or Butternut Squash and Sweet Pepper Linguine (v) <b>VEGAN</b>	Roast Chicken with Stuffing, Roast Potatoes with Seasonal Vegetables or Vegetable Wellington with Roast Potatoes and Seasonal Vegetables (v)	Kung Pao Pork with Fried Rice or Kung Pao Vegetables with Fried Rice (v) <b>VEGAN</b>	Salmon Fishcake or Battered Fish with Chunky Chips, Mushy Peas or Beans or Sweet Potato and Vegetable Fritter with Chunky Chips, Mushy Peas or Beans (v) <b>VEGAN</b>
Halloumi with Roasted Vegetables and Quinoa	Potato Bravas with Chorizo Sausage	Five Bean Chili with Nachos and Salsa (v)	Macaroni Cheese with Crispy Onion, Rocket and Drizzled with a Lemon and Herb Oil	"Loaded Chips" Chunky Chips Topped with Chicken Strips, Maple Bacon, Cheese and Ranch Sauce
BBQ Pulled Pork in a Roll with Apple and Celeriac Slaw	Southern-Baked Chicken Wrap with Crisp Lettuce and Pickled Vegetables	Swedish-Style Meatballs in a Pitta Pocket	Curried Pulled Chicken Chapatti with Indian Salad, Mango Chutney and Raita	Cheese and Tomato Quesadilla
Frozen Strawberry Yogurt or Fresssh Fruit Pot	Frosted Carrot Cake or Fresssh Fruit Pot	Eton Mess or Fresssh Fruit Pot	Blueberry and Granola Crunch Muffin or Fresssh Fruit Pot	Chocolate and Beetroot Brownie or Fresssh Fruit Pot