

# FRESSSH

## THREE WEEK MENU

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## LUNCH MENU - WEEK ONE

### WEEK COMMENCING

24 FEB | 16 MAR | 20 APR | 11 MAY

| 8 JUNE | 29 JUNE | 20 JUL

FRESSSH PLATED

FRESSSH BOWLS

FRESSSH STREET

FRESSSH SWEET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kashmiri Chicken and Spinach Curry with Steamed Rice and Naan Bread or Kashmiri Vegetable Curry with Steamed Rice and Naan Bread (v)	Spaghetti Bolognese with Garlic Flatbread or Butternut Squash and Sweet Red Pepper Linguine with Garlic Flatbread (v) <b>VEGAN</b>	Steak and Mushroom Pie with Creamy Mash and Seasonal Vegetables or Vegemince and Onion Pie with Mash and Seasonal Vegetables (v) <b>VEGAN</b>	Yellow Thai Chicken with Plum Sauce and Rice Noodles or Stir-Fried Thai Vegetables with Plum Sauce and Rice Noodles (v) <b>VEGAN</b>	Battered Fish with Chunky Chips, Garden Peas or Baked Beans or Spicy Five Bean Burger with Chunky Chips, Garden Peas or Baked Beans (v) <b>VEGAN</b>
Carbonara Pasta	Kung Pao Vegetables with Savoury Rice (v) <b>VEGAN</b>	Nachos with Salsa, Sour Cream and Guacamole (v)	Swedish-Style Meatballs in Gravy with Steamed Rice	"Loaded Chips" Chunky Chips Topped with Sticky Chinese Pork
Pulled Sweet Chilli Jackfruit Wrap with Oriental Salad (v) <b>VEGAN</b>	"Taco Tuesday" Chimichurri Pork with Peppers and Onions in a Soft-Baked Taco	Katsu Chicken Burger in a Brioche Bun with Salad and Curry Mayo	Focaccia Bread Topped with Roasted Vegetables and Halloumi (v)	Tandoori Chicken in a Folded Naan with Onion Slaw, Mint Yogurt and Mango Chutney
Apple and Peach Crunch or Fresssh Fruit Pot	Lemon Yogurt Mousse Cake or Fresssh Fruit Pot	Black Cherry Brownie with Cherry Compote or Fresssh Fruit Pot	Ice Cream with Fruit Topping or Fresssh Fruit Pot	Mini Doughnuts with Dipping Sauce or Fresssh Fruit Pot

# LUNCH MENU - WEEK TWO

WEEK COMMENCING

2 MAR | 23 MAR | 27 APR | 18 MAY  
| 15 JUNE | 6 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fragrant Keralan Chicken Curry served with Steamed Rice and Garlic Naan or Fragrant Keralan Vegetable Curry served with Steamed Rice and Garlic Naan (v) <b>VEGAN</b>	Cottage Pie served with Seasonal Vegetables or Vegetable Cottage Pie with Seasonal Vegetables (v) <b>VEGAN</b>	Roast Loin of Pork with Apple Sauce, Baby Baked Potatoes and Seasonal Vegetables or Stuffed Peppers in a Tomato Sauce with Baby Baked Potatoes and Seasonal Vegetables (v) <b>VEGAN</b>	Beef Fajita with Mexican Rice and Chermoula Peas or Vegetable Fajita with Mexican Rice and Chermoula Peas (v) <b>VEGAN</b>	Battered Fish with Chunky Chips, Garden Peas or Baked Beans or Roasted Vegetable Frittata with Chunky Chips, Garden Peas or Baked Beans (v)
Sweet Chilli Vegetables and Rice Noodles (v) <b>VEGAN</b>	Moroccan Cous-Cous with Spiced Cauliflower (v) <b>VEGAN</b>	Halloumi with Roasted Vegetables and Quinoa (v)	Veg-Packed Paella with Flaked Salmon	"Loaded Chips" Chunky Chips Topped with Pulled BBQ Pork and Garlic Aioli
Tomato and Meatball Sub with Cheese	"Taco Tuesday" Chipotle Chicken with Mexican Bean Salsa in a Soft-Baked Taco	Chicken Shawarma with Shredded Salad, Chilli Sauce, Garlic Dressing and Lebanese Flatbread	Pork and Apple Burger with Sage and Onion Stuffing	Falafel and Hummus Wrap with Shredded Salad (v) <b>VEGAN</b>
Lemon Curd Muffin or Fresssh Fruit Pot	Frozen Strawberry Yogurt with Berry Compote or Fresssh Fruit Pot	Apple Berry Slice or Fresssh Fruit Pot	Beetroot Brownie or Fresssh Fruit Pot	Chewy Popcorn Bar or Fresssh Fruit Pot

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# LUNCH MENU - WEEK THREE

WEEK COMMENCING

9 MAR | 30 MAR | 4 MAY | 1 JUNE  
| 22 JUNE | 13 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sri Lankan Beef and Sweet Potato Curry with Steamed Rice and Flatbread or Sri Lankan Chickpea, Spinach and Sweet Potato Curry with Steamed Rice and Flatbread (v) <b>VEGAN</b>	Chicken Ai Forno with Garden Salad and Garlic Bread or Mediterranean Vegetable Ai Forno with Garden Salad and Garlic Bread (v)	Honey Roast Gammon served with Colcannon Potatoes and Seasonal Vegetables or Vegetable Wellington served with Colcannon Potatoes and Seasonal Vegetables (v)	Smokey BBQ Chicken and Bacon Melt with Herby Diced Potatoes and Garden Salad or Smokey BBQ Quorn Fillet with Herby Diced Potatoes and Garden Salad (v)	Battered Fish with Chunky Chips and Garden Peas or Baked Beans or Cheese and Red Onion Quiche with Chunky Chips and Garden Peas or Baked Beans (v)
Mac 'n' Cheese with Rocket and Crispy Onions (v)	Thai-Infused Vegetables with Rice Noodles (v) <b>VEGAN</b>	Moroccan Vegetable Tagine with Cous-Cous (v) <b>VEGAN</b>	Sticky Pork with Raman Noodles and Asian Broth	"Loaded Chips" Chunky Chips Topped with Fried Onions, Crispy Bacon, Gravy and Cheese
Hoi Sin Pork Wrap with Bean Sprout Salad	"Taco Tuesday" Spicy Bean Chilli with Shredded Salad in a Soft-Baked Taco (v) <b>VEGAN</b>	Ultimate Beef Burger in a Brioche Bun with Salad and Burger Sauce	Roasted Mediterranean Vegetables in a Tomato Wrap (v) <b>VEGAN</b>	Onion Bhaji Burger with Spiced Mango Chutney (v) <b>VEGAN</b>
Pear and Ginger Crumble with Custard or Fresssh Fruit Pot	Summer Fruit Cheesecake or Fresssh Fruit Pot	Victoria Sponge or Fresssh Fruit Pot	Eton Mess or Fresssh Fruit Pot	American-Style Pancake with Maple Syrup or Fresssh Fruit Pot

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