

MEALS

Friday dinner

Breakfasts

Lunches

Snacks

Feast

Desserts

Allergy Advice

V, GF, DF
available

V, GF
V

GF, DF

V, GF, DF

V, GF, DF

V, GF

V, AF, DF, GF

AF, DF

V, GF, DF

GF, DF

V, AF, GF, DF

V, GF, DF

GF, DF, MSG free

GF, DF, AF

GF, DF, AF

V, GF

GF, AF

Dishes

*Mongolian Barbecue – sliced meats, tofu,
Chinese vegetables, Sauces, *Naan bread

Fruits, cold cereals

*Toast, with Spreads (Butter, Nuttelex)

Cooked: Mushrooms, Bacon, Eggs

Assorted Milks; Teas; Coffee; Hot Chocolate

Assorted Charcuterie

Sliced Cheese

Boiled Eggs

3 bean salad

Pickled Beets with Tarragon

Pickled Vegetables

Cucumbers in a Yoghurt Masala

Biscuits (GF available), Whole Fruit

Cordials, Tea, Coffee, etc

Apples, Orange wedges

Biscuits (GF available)

Icy Poles

Seu Soup (Pomegranate Soup)

Cardamom-spiced chicken or silky tofu

Chinese Vegetables with Asian Mushrooms

Lamb Plov (Pilau, Pilaf)

Chickpea, Edamame & Saffron Plov (Pilau, Pilaf)

Shakarob: a variety of fruit pastes, pickled
vegetables, nuts

Beef in Black Bean Sauce

'Golden' Fish (Turmeric Crusted)

'Golden' Firm Tofu (Turmeric Crusted)

Cabbage – Sauerkraut style, with sour cherries

Spinach in Sour Cream sauce

Pogača, little stuffed pastries

Fruit platter, (fruits in season).