



Selection of Hot Breakfast Ciabatta/Muffin/Wraps

- Vegan Sausage – Vegan Sausage & Cheddar – Vegan Sausage Cheddar & Hash Brown
- Vegan Cheddar, Spinach & Mushroom – Vegan Cheddar, Spinach & Chilli Jam – Vegan Cheddar & Tomato –
- Veggie Egg & Spinach – Egg & Cheddar – Egg Cheddar & Mushroom – Halloumi & Red Pepper

- Protein Pots - Egg & Spinach – Vegan Spinach & Avocado

All Sauces

Filled Croissants (Cold/Hot)

- Gouda, Spinach & Mushroom - Vegan Cheddar & Tomato -

Selection of Mini Pastries & Muffins

Juice Shots

- Orange, Ginger & Turmeric
- Celery, Lemon, Mint & Aloe Vera

Breakfast Smoothie 10oz

- Mean Green Broccoli
- Berry Blast

Cereals/Yoghurts/Fruit

- Greek Yoghurt, Granola & Honey (Vegan Available)
 - Mixed Fruit Yoghurts
 - Overnight Oats
 - Individual Fruit Pots
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Example Italian Lunch

- Butternut Squash & Sage Macaroni Cheese
- Feta & Courgette Lasagne with Mozzarella and Parmesan
- Vegan Meatball Penne served with Mixed Leaf Salad, Garlic & Parsley Flatbread

Dessert

- Berry Pots
- Salted Caramel Brownies (GF) – Individual Fruit Tarts – Millionaire Slice – Selection of Loaf Cakes – Artisan Desserts

Example Afternoon Snack

- Tomato & Chilli Soup
- Chip Buttie Wrap – Crispy Parmentier Potatoes seasoned with:
Chip Shop Curry – Salt & Pepper – Bombay – Sweet Chilli - Pesto

Example Evening Hot Dinner

- Squash Chickpea & Coconut Curry Healthy Wholegrain Rice & Tenderstem Broccoli
 - Thai Green Veggie Curry served with Rice and Thai Cracker Pots
 - Chickpea & Butternut Squash Laska

 - Individual Strawberry Tarts
 - Lemon Cake
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