

# Nuffield autumn and winter menu 2015-2016





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If you have any queries regarding any of the dishes please send an email to [Recipes.Nuffield.UK@sodexo.com](mailto:Recipes.Nuffield.UK@sodexo.com) with a brief description of your query



# Breakfast

Dishes created for a well balanced diet

# Breakfast

## Fruits

Fresh fruit Juices  
Orange, apple, grapefruit, pineapple and cranberry  
Freshly cut fruit platter  
Poached prunes in syrup  
Half a pink grapefruit

## Smoothies

Yoghurt, banana and honey  
Raspberry and cranberry

## Cereals

Selection of breakfast cereals Kellogg's cornflakes, fruit and fibre, luxury muesli, bran flakes, rice krispies and weetabix

## Porridge

Porridge with honey, brown sugar or fruits of the forest

## Yoghurt

Greek yoghurt with fresh fruits  
Peach vanilla yoghurt

## Pancakes

Pancakes with maple syrup and sliced banana

## Traditional breakfast

Grilled bacon, mushrooms, tomato and baked beans with your choice of poached, fried or scrambled eggs

## Toasted English muffin

Smoked salmon and scrambled egg  
Baked mushrooms and tomatoes

## Freshly baked croissant and toasted breads

Served with assorted preserves, honey or marmite

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# Seven day patient menu

Dishes created for a well balanced diet

# Monday

## Hake and chorizo

Pan fried hake fillet on butterbean, tomato and chorizo stew, topped with rocket and olive oil.

*(White fish are low in fat and a good alternative to red or processed meats)*

## Grilled pork loin

Grilled loin of pork served celeriac mash, wilted spinach and an apple and sage jus

*(Spinach is an excellent source of iron and an 80g portion provides about 21 calories)*

## Beef and mushroom pie

Lean British beef and mushrooms in a rich onion gravy topped with short crust pastry

*(Lean beef contains iron which helps improve anaemia)*

## Parmesan coated chicken

Crispy coated chicken breast with a rich Italian style tomato sauce

*(Chicken is low in fat and a great source of protein, sage is a very good source of vitamin A and calcium)*

## Olive polenta cake with grilled vegetables

Black olive and basil polenta cake topped with grilled aubergine, courgettes and peppers

*(Courgettes are one of the lowest calorie vegetables and a good source of folates)*

## Thai fish cakes

Coriander, garlic and lime infused fish cakes served on a green bean salad and topped with a sweet chilli sauce

*(White fish are low in fat and a good alternative to red or processed meats)*

Available with seasonal vegetables, potatoes, pasta or rice

## Desserts

Sticky toffee pudding with butterscotch sauce

Raspberry and yoghurt mousse

Honey and granola Greek yoghurt

Assorted ice creams

Freshly cut fruit platter

Cheese and biscuit selection with grapes and celery

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## Hake and chorizo



Pan fried hake fillet on butterbean, tomato and chorizo stew, topped with rocket and olive oil.

*(White fish are low in fat and a good alternative to red or processed meats)*

## Grilled pork loin



Grilled loin of pork served celeriac mash, wilted spinach and an apple and sage jus  
*(Spinach is an excellent source of iron and an 80g portion provides about 21 calories)*

## Beef and mushroom pie



Lean British beef and mushrooms in a rich onion gravy topped with short crust pastry

*(Lean beef contains iron which helps improve anaemia)*

## Parmesan coated chicken



Crispy coated chicken breast with a rich Italian style tomato sauce

*(Chicken is low in fat and a great source of protein, sage is a very good source of vitamin A and calcium)*

## Olive polenta cake with grilled vegetables



Black olive and basil polenta cake topped with grilled aubergine, courgettes and peppers

*(Courgettes are one of the lowest calorie vegetables and a good source of folates)*

## Thai fish cakes



Coriander, garlic and lime infused fish cakes served on a green bean salad and topped with a sweet chilli sauce

*(White fish is low in fat and a good alternative to red or processed meats)*

## Sticky toffee pudding with butterscotch sauce



## Raspberry and yoghurt mousse





Dishes created for a well balanced diet

# Tuesday

## Plaice fillet

Fillet of plaice with green beans, broad beans, potatoes and a lemon and pea puree  
*(Green beans are a good source of iron. Iron helps to make blood cells which carry oxygen from the lungs around the body)*

## Cottage pie

British minced beef with vegetables, topped with creamy mashed potato  
*(Lean beef contains iron which helps improve anaemia)*

## Grilled chicken noodle broth

Marinated lime, chilli and ginger chicken char grilled and served with a chicken noodle broth  
*(Chicken is a great source of protein, low in fat and contains vitamin B6)*

## Sabih (Middle Eastern filled flat bread)

Warm flatbread topped with char grilled aubergine, egg, cucumber, tomatoes , spring onions and finished with a tahini sauce and chilli condiment  
*(Eggs are one of the only foods that contain naturally occurring vitamin D, vitamin D is needed to help maintain strong bones)*

## Red lentil and sweet potato dhal

Traditional dhal cooked in a curried tomato sauce with coriander, mint raita and roasted onions and cauliflower  
*(Sweet potatoes contain vitamin A, vitamin C, manganese, fibre, B vitamins, potassium and even iron)*

## Baked salmon

Salmon fillet with glazed cucumber and hollandaise sauce  
*(Salmon is rich in Omega-3 fatty acids which may help reduce the risk of heart disease and also contain vitamin D)*

## Available with seasonal vegetables, potatoes, pasta or rice

## Desserts

Warm chocolate brownie with vanilla ice cream  
Crème brulee  
Honey and granola Greek yoghurt  
Assorted ice creams  
Freshly cut fruit platter  
Cheese and biscuit selection with grapes and celery

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## Plaice fillet



Fillet of plaice with green beans, broad beans, potatoes and a lemon and pea puree  
*(Green beans are a good source of iron. Iron helps to make blood cells which carry oxygen from the lungs around the body)*

## Cottage pie



British minced beef with vegetables and topped with creamy mashed potato  
*(Lamb contains B vitamins, niacin, zinc, and iron)*

## Grilled chicken noodle broth



Marinated lime, chilli and ginger chicken char grilled and served with a chicken noodle broth

*(Chicken is a great source of protein, low in fat and contains vitamin B6)*

## Sabih (Middle Eastern filled flat bread)



Warm flatbread topped with char grilled aubergine, egg, cucumber, tomatoes , spring onions and finished with a tahini sauce and chilli condiment

*(Eggs are one of the only foods that contain naturally occurring vitamin D, Vitamin D is needed to help maintain strong bones)*

## Red lentil and sweet potato dhal



Traditional dhal cooked in a curried tomato sauce with coriander, mint raita and roasted onions and cauliflower

*(Sweet potatoes contain vitamin A, vitamin C, manganese, fibre, B vitamins, potassium and even iron)*

## Baked salmon



Salmon fillet with glazed cucumber and hollandaise sauce

*(Salmon is rich in Omega-3 fatty acids which may help reduce the risk of heart disease and also contain vitamin D)*

## Warm chocolate brownie with vanilla ice cream





## Crème brûlée



Dishes created for a well balanced diet

# Wednesday

## Classic fish pie

Flaked fish in a white sauce topped with a parsley mash potato  
*(White fish are low in fat and a good alternative to red or processed meats)*

## Roast of the day

Traditional roast served with vegetables, potatoes and gravy

## Tandori cod loin

Cod loin baked in tandori spices and served with mint raita and rice  
*(White fish are low in fat and a good alternative to red or processed meats)*

## Coq au vin

Tender pieces of chicken cooked in a red wine, garlic, mushroom and smoked bacon sauce  
*(Chicken is low in fat and a great source of protein, Sage is a very good source of vitamin A and calcium)*

## Parsnip and feta gratin

Layers of potatoes and parsnips baked in a garlic cream sauce, topped with feta cheese  
*(Parsnips are an excellent sources of soluble and insoluble dietary fiber)*

## Pork and sage patties

Pan fried pork and sage patties served with chunky tomato salsa and rocket leaves  
*(Sage contains vitamin A and calcium)*

## Available with seasonal vegetables, potatoes, pasta or rice

## Desserts

Apricot and sultana pudding with sauce Anglaise  
Bakewell tart  
Honey and granola Greek yoghurt  
Assorted ice creams  
Freshly cut fruit platter  
Cheese and biscuit selection with grapes and celery

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## Classic fish pie



Flaked fish in a white sauce topped with a parsley mash potato

*(White fish are low in fat and a good alternative to red or processed meats)*

## Roast of the day

Traditional roast served with vegetables, potatoes and gravy

## Tandori cod loin



Cod loin baked in tandori spices and served with mint raita and rice

*(White fish is low in fat and a good alternative to red or processed meats)*

## Coq au vin



Tender pieces of chicken cooked in a red wine, garlic, mushroom and smoked bacon sauce

*(Chicken is low in fat and a great source of protein, sage is a very good source of vitamin A and calcium)*

## Parnsip and feta gratin



Layers of potatoes and parsnips baked in a garlic cream sauce, topped with feta cheese

*(Parsnips are an excellent sources of soluble and insoluble dietary fibre)*

## Pork and sage patties



Pan fried pork and sage patties served with chunky tomato salsa and rocket leaves

*(Sage contains vitamin A and calcium)*



## Apricot and sultana pudding with sauce Anglaise



## Bakewell tart



Dishes created for a well balanced diet

# Thursday

## Smoked haddock florentine

Smoked haddock fillet on wilted spinach with poached egg and cheese sauce  
*(Spinach is an excellent source of iron and an 80g portion provides about 21 calories )*

## Beef stew and dumplings

Lean British beef and vegetables in a rich onion gravy topped with dumplings  
*(Lean beef contains iron which helps improve anaemia)*

## Italian style meatballs

Pork meatballs flavoured with garlic in a classic tomato sauce, served with pasta  
*(Tomatoes contain vitamin C which acts as an antioxidant and prevents cells from oxidative damage)*

## Teriyaki chicken

Chicken pieces with fresh coriander and soy served egg noodles  
*(Chicken is a great source of protein, low in fat and contains vitamin B6)*

## Beetroot risotto

Risotto with rocket, olive oil and parmesan  
*(Olive oil contains active phytonutrient compounds, which have been found to have significant anti-inflammatory properties)*

## Smoked mackerel Caesar salad

Cos lettuce topped with shaved parmesan, smoked mackerel, baked croutons and a light parmesan dressing  
*(Oily fish are rich in omega-3 fatty acids which help reduce the risk of heart disease)*

## Available with seasonal vegetables, potatoes, pasta or rice

## Desserts

Bramley apple pie with ice cream  
Baked New York style cheesecake  
Honey and granola Greek yoghurt  
Assorted ice creams  
Freshly cut fruit platter  
Cheese and biscuit selection with grapes and celery

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## Smoked haddock florentine



Smoked haddock fillet on wilted spinach with poached egg and cheese sauce  
*(Spinach is an excellent source of iron and an 80g portion provides about 21 calories)*

## Beef stew and dumplings



Lean British beef and vegetables in a rich onion gravy topped with dumplings  
*(Lean beef contains iron which helps improve anaemia)*

## Italian style meatballs



Pork meatballs flavoured with garlic in a classic tomato sauce, served with pasta  
*(Tomatoes contain vitamin C which acts as an antioxidant and prevents cells from oxidative damage)*

## Teriyaki chicken



Chicken pieces with fresh coriander and soy served with rice and cherry tomatoes

*(Chicken is a great source of protein, low in fat and contains vitamin B6)*

## Beetroot risotto



Risotto with rocket, olive oil and parmesan

*(Olive oil contains active phytonutrient compounds, which have been found to have significant anti-inflammatory properties)*



## Smoked mackerel Caesar salad



Cos lettuce topped with shaved parmesan, smoked mackerel, baked croutons and a light parmesan dressing

*(Oily fish are rich in omega-3 fatty acids which help reduce the risk of heart disease)*

Place one fillet of smoked mackerel on top of the salad and serve the dressing on the side

## Bramley apple pie with vanilla ice cream



## Baked New York style cheesecake



Dishes created for a well balanced diet

# Friday

## Battered pollock

Pollock fillet coated in a light batter, hand cut chips and mushy peas  
*(White fish are low in fat and a good alternative to red or processed meats)*

## Pork loin with bubble and squeak

Grilled pork loin steak with bubble and squeak and topped with a poached egg  
*(Egg whites are rich sources of selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper)*

## Chicken korma

Chicken breast pieces in a lightly spiced coconut sauce, rice and naan bread  
*(Chicken is a great source of protein, low in fat and contains vitamin B6)*

## Chilli con carne

Slow cooked beef with chilli and kidney beans in a rich tomato sauce, served with rice, sour cream and tortilla chips  
*(Lean beef contains iron which helps improve anaemia)*

## Penne with spinach, mushrooms and pesto

Pasta tossed in pesto with wilted spinach, mushrooms olives and peppers  
*(Spinach is an excellent source of Iron and rich in vitamin C, folic acid and beta carotene)*

## Sesame coated fillets of hake

Pan fried sesame coated fillets of hake with a lemon dressed caper salad  
*(White fish are low in fat and a good alternative to red or processed meats)*

Available with seasonal vegetables, potatoes, pasta or rice

## Desserts

Pear crumble and custard  
Mixed berry trifle  
Honey and granola Greek yoghurt  
Assorted ice creams  
Freshly cut fruit platter  
Cheese and biscuit selection with grapes and celery

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## Battered pollock



Pollock coated in a light batter, hand cut chips and mushy peas  
*(White fish are low in fat and a good alternative to red or processed meats )*

## Pork loin with bubble and squeak



Grilled pork loin steak with bubble and squeak and topped with a poached egg  
*(Egg whites are rich sources of selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper)*

## Chicken korma



Chicken breast pieces in a lightly spiced cocconut sauce, rice and naan bread

*(Chicken is a great source of protein, low in fat and contains vitamin B6)*

## Chilli con carne



Slow cooked beef with chilli and kidney beans in a rich tomato sauce, served with rice, sour cream and tortilla chips

*(Lean beef contains iron which helps improve anaemia)*



## Penne with spinach, mushrooms and pesto



Pasta tossed in pesto with wilted spinach, mushrooms olives and peppers

*(Spinach is an excellent source of Iron and rich in vitamin C, folic acid and beta carotene)*

## Sesame coated fillets of hake



Pan fried sesame coated fillets of hake with a lemon dressed caper salad

*(White fish are low in fat and a good alternative to red or processed meats)*

## Pear crumble and custard



## Mixed berry trifle



Dishes created for a well balanced diet

# Saturday

## Salmon fishcakes

Salmon, crushed baby potato, lemon and spring onion

*(Oily fish are rich in omega-3 fatty acids which help reduce the risk of heart disease)*

## Cumberland sausage

Grilled Cumberland sausage served with caramelised onion gravy and mashed potato

*(Onions contain vitamin B6 which helps protein digestion)*

## Beef bourguignon

Slow cooked beef in red wine with mushrooms and shallots

*(Lean beef contains iron which helps improve anaemia)(Lean beef contains iron which helps improve anaemia)*

## Shish tawook

Marinated and char grilled chicken pieces in yoghurt, nutmeg, cinnamon, paprika and clove served with a garlic dipping sauce

*(Chicken is a great source of protein, low in fat and contains vitamin B6)*

## Chunky vegetable chilli

Served with braised rice, guacamole and tortilla chips

*(Almost two thirds of the fat in avocados is monounsaturated; this type of fat can help lower cholesterol levels)*

## Greek salad with chargrilled chicken

Salad of feta , olives and red onions topped with a warm chargrilled chicken breast

*(Olives are rich in fat, especially oleic acid, an omega-9 monounsaturated fatty acid)*

## Available with seasonal vegetables, potatoes, pasta or rice

## Desserts

Bread and butter pudding with custard

Chocolate cream filled profiteroles with hot chocolate sauce

Honey and granola Greek yoghurt

Assorted ice creams

Freshly cut fruit platter

Cheese and biscuit selection with grapes and celery

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## Salmon fishcakes



Salmon, crushed baby potato, lemon and spring onion

*(Oily fish are rich in omega-3 fatty acids which help reduce the risk of heart disease)*

## Cumberland sausage



Grilled Cumberland sausage served with caramelised onion gravy and  
mashed potato

*(Onions contain vitamin B6 which helps protein digestion)*

# Beef bourguignon



Slow cooked beef in red wine with mushrooms and shallots

*(Lean beef contains iron which helps improve anaemia)*



## Shish tawook



Marinated and char grilled chicken pieces in yoghurt, nutmeg, cinnamon, paprika and clove served with a garlic dipping sauce  
*(Chicken is a great source of protein, low in fat and contains vitamin B6)*

## Chunky vegetable chilli



Served with braised rice, guacamole and tortilla chips

*(Almost two thirds of the fat in avocados is monounsaturated; this type of fat can help lower cholesterol levels)*

## Greek salad with chargrilled chicken



Salad of feta , olives and red onions topped with a warm chargrilled chicken breast  
*(Olives are rich in fat, especially oleic acid, an omega-9 monounsaturated fatty acid).*

## Bread and butter pudding with custard sauce



## Chocolate cream filled profiteroles with hot chocolate sauce



Dishes created for a well balanced diet

# Sunday

## Poached fillet of plaice

Simply poached fillet of plaice with fresh parsley sauce

*(Plaice is a great source of protein, low in fat and contains vitamin B)*

## Traditional roast chicken

Roasted chicken served with sage and onion stuffing and roast gravy

*(Chicken is a great source of protein, low in fat and contains vitamin B6)*

## Shepherd's pie

British minced lamb with vegetables and topped with creamy mashed potato

*(Lamb contains B vitamins, niacin, zinc, and iron)*

## Butternut squash and thyme risotto

Risotto with rocket, olive oil and parmesan

*(Butternut squash is rich in B-complex group of vitamins like folates, riboflavin and niacin)*

## Available with seasonal vegetables, potatoes, pasta or rice

## Desserts

Apple and berry crumble with custard

Lemon posset

Honey and granola Greek yoghurt

Assorted ice creams

Freshly cut fruit platter

Cheese and biscuit selection with grapes and celery

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## Poached fillet of plaice



Simply poached fillet of plaice with fresh parsley sauce

*(Plaice is a great source of protein, low in fat and contains Vitamin B)*

## Traditional roast chicken



Roasted chicken served with sage and onion stuffing and roast gravy

*(Chicken is a great source of protein, low in fat and contains vitamin B6)*



## Shepherd's pie



British minced lamb with vegetables and topped with creamy mashed potato  
*(Lamb contains B vitamins, niacin, zinc, and iron)*

## Butternut squash and thyme risotto



Risotto with rocket, olive oil and parmesan

*(Butternut squash is rich in B-complex group of vitamins like folates, riboflavin and niacin)*

## Apple and berry crumble with custard



## Lemon posset



Vegetarian

Dishes created for a well balanced diet

# Vegetarian

## **Mediterranean vegetable lasagne with garlic bread**

Roasted vegetables and pasta in a rich tomato sauce topped with cheese sauce  
*(Courgettes are one of the lowest calorie vegetables and a good source of folates)*

## **Broccoli and cheese quiche**

Oven baked broccoli and cheddar cheese quiche with salad and new potatoes  
*(Cheddar cheese is rich in calcium and a source of protein)*

## **Haricot bean cakes with pineapple chutney**

Haricot and kidney bean cakes with fruity pineapple chutney  
*(Haricot beans are an excellent source of protein and support kidney function)*

## **Red lentil and sweet potato dhal**

Traditional dhal cooked in a curried tomato sauce with coriander and mint raita  
*(Sweet potatoes contain vitamin A, vitamin C, manganese, fibre, B vitamins, potassium and even iron)*

## **Spaghetti primavera**

Al dente spaghetti with a white wine sauce, fresh broccoli, courgettes and peas  
*(Peas are an excellent source of thiamin which is also known as Vitamin B1; thiamin is needed for healthy muscle and nerve function)*

## **Available with seasonal vegetables, potatoes, pasta or rice**

## **Desserts**

See daily menu for today's dessert choice

Honey and granola Greek yoghurt

Assorted ice creams

Freshly cut fruit platter

Cheese and biscuit selection with grapes and celery

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## Mediterranean vegetable lasagne with garlic bread



Roasted vegetables and pasta in a rich tomato sauce topped with cheese sauce  
*(Courgettes are one of the lowest calorie vegetables and a good source of folates)*

## Broccoli and cheese quiche



Oven baked broccoli and cheddar cheese quiche with salad and new potatoes  
*(Cheddar cheese is rich in calcium and a source of protein)*



## Haricot bean cakes with pineapple chutney



Haricot and kidney bean cakes with fruity pineapple chutney

*(Haricot beans are an excellent source of protein and support kidney function)*

## Red lentil and sweet potato dhal



Traditional dhal cooked in a curried tomato sauce with coriander and mint raita  
*(Sweet potatoes contain vitamin A, vitamin C, manganese, fibre, B vitamins, potassium and even iron)*

## Spaghetti primavera



Al dente spaghetti with a white wine sauce, fresh broccoli, courgettes and peas

*(Peas are an excellent source of thiamin which is also known as Vitamin B1; thiamin is needed for healthy muscle and nerve function)*



Non gluten

Dishes created for a well balanced diet

# Non gluten

## Chicken and borlotti bean casserole

Oven baked chicken breast served on a rich tomato, vegetable bean casserole  
*(Borlotti beans are a great source of Iron, vital for energy production and a healthy immune system)*

## Beef and vegetable pie

Lean British beef and vegetables in a rich onion gravy topped with short crust pastry  
*(Lean beef contains iron which helps improve anaemia)*

## Sticky pork and peppers with sweet potato wedges

Caramelised pork steak served on sauté mixed peppers  
*(Sweet potatoes contain a valuable amount of dietary fibre, just over 3 grams per medium sweet potato)*

## Baked salmon with oriental vegetables

Oven baked salmon on a rice noodle salad flavoured with lemongrass and chilli  
*(Oily fish are rich in omega-3 fatty acids which help to reduce the risk of heart disease, they are also a great source of vitamin D)*

## Grilled halloumi and roasted vegetable salad (V)

Mixed leaf salad topped with roasted vegetables and halloumi cheese  
*(Courgettes are one of the lowest calorie vegetables and a good source of folates)*

## Available with seasonal vegetables, potatoes, pasta or rice

## Desserts

Vanilla sponge pudding with custard

Bakewell tart

Greek Yoghurt

Fruit jelly

Freshly cut fruit platter

Cheese and biscuit selection with grapes and celery

Bcuit selection with grapes and celery

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## Chicken and borlotti bean casserole



Oven baked chicken breast served on a rich tomato, vegetable bean casserole  
*(Borlotti beans are a great source of Iron, vital for energy production and a healthy immune system)*

## Beef and vegetable pie



Lean British beef and vegetables in a rich onion gravy topped with short crust pastry  
*(Lean beef contains iron which helps improve anaemia)*



## Sticky pork and peppers with sweet potato wedges



Caramelised pork steak served on sauté mixed peppers

*(Sweet potatoes contain a valuable amount of dietary fibre, just over three grams per medium sweet potato)*

## Baked salmon with oriental vegetables



Oven baked salmon on a rice noodle salad flavoured with lemongrass and chilli

*(Oily fish are rich in omega-3 fatty acids which help to reduce the risk of heart disease, they are also a great source of vitamin D)*

## Grilled halloumi and roasted vegetable salad (v)



Mixed leaf salad topped with roasted vegetables and halloumi cheese

*(Courgettes are one of the lowest calorie vegetables and a good source of folates)*

## Vanilla sponge pudding with custard



## Bakewell tart (N)









*Working together*