

## MONDAY

### Breakfast

Full English Breakfast Box (eggs, bacon, sausage, roasted tomato, mushrooms, roast potato, sourdough) (v/ve available)

Berry & Almond Overnight Oats (VG/GF)

### Lunch

Chicken Shawarma Bowl (GF) | Spiced grilled chicken, turmeric rice, pickled slaw, & flatbread

Roast Veg & Halloumi Bowl (V/ve) | Grilled Veg & Halloumi, turmeric rice, pickled slaw, flatbread

### Dinner

Slow-Braised Beef Ragu | Pappardelle, parmesan & rocket

Sri Lankan Sweet Potato & Spinach Dhal (VG/GF) | Coconut sambal, flatbread

### Late Night Treat

Mac & three cheese with garlic crumb (v) (VE available)

### Drinks

Tea, Coffee, Herbal Teas, Water, Bottled Drinks throughout the day

## TUESDAY

### Breakfast

Smoked Salmon, Cream Cheese & Spinach Bagel

Banana & Peanut Butter Overnight Oats (VG/GF)

### Lunch

Thai Beef Salad, sticky rice, fresh herbs, lime dressing, flatbread

Green Goddess Quinoa Bowl (VG/GF) | tri-colour quinoa, chickpeas, greens, avocado, seeds & creamy herb dressing

### Dinner

Chicken Katsu Curry | crispy chicken, katsu sauce, jasmine rice & pickled slaw

Vegan Katsu Curry (V/VG) | crispy tofu, Katsu sauce, jasmine rice & pickled slaw

### Drinks

Tea, Coffee, Herbal Teas, Water, Bottled Drinks throughout the day

## WEDNESDAY

### Breakfast

Breakfast Burrito (scrambled eggs, chorizo, beans, hash brown, cheese, salsa in a tortilla wrap)

Coconut Chia & Mango Pot (VG/GF)

### Lunch

Fish Finger Wrap | cod fingers, tartare sauce, shredded lettuce, soft tortilla, chips

Jacket Potato Box (VG/GF) | baked potato with baked beans, cheese & chives

### Dinner

Roast Pork & Apple Sage Box | slow-roast pork, mashed potato, roasted root vegetables & apple gravy

Vegan Wellington (VE/GF) | roasted root veg welly, mashed potato, roasted root vegetables & apple gravy

### Drinks

Tea, Coffee, Herbal Teas, Water, Bottled Drinks throughout the day

# Menu

Week 1

[www.feast-and-flame.co.uk](http://www.feast-and-flame.co.uk)

## THURSDAY

### Breakfast

Hot Bacon, Sausage or Egg, cheese slice, Brioche bun

Spinach & Feta Frittata (V)

### Lunch

Chicken Fajita Bowl | spiced chicken strips, peppers & onions, black beans, rice, salsa & guacamole

Vegan Fajita Bowl (VE/GF) | spiced tempeh, peppers & onions, rice, black beans, salsa & guacamole

### Dinner

Lamb Kofta Box | Moroccan lamb koftas, couscous, roasted vegetables & tahini yoghurt, flatbreads

Stuffed Peppers (VG/GF) | bell peppers, quinoa, black beans, roasted vegetables, tomato & herb sauce, flatbreads

### Late Night Treat

Loaded Potato Wedges (VG optional) | wedges, melted cheese, spring onions, crispy bacon bits

### Drinks

Tea, Coffee, Herbal Teas, Water, Bottled Drinks throughout the day

## FRIDAY

### Breakfast

Avocado, Bacon & Poached Egg on Sourdough (VG optional)

Cinnamon & Apple Overnight Oats (VG/GF)

### Lunch

Chicken & Leek Pie Pot | creamy chicken & leek filling, mash, seasonal greens

Roasted Veg & Vegan Cheese Pie Pot | (VE/V) creamy veg & cheese filling, mash, seasonal greens

### Dinner

Fish & Chips | Battered cod pieces, chips, mushy peas, curry sauce

Halloumi & Chips | Battered Halloumi, chips, mushy peas, curry sauce (VE available)

### Late Night Treat

Chicken/Tofu Kebab Wraps, Chilli Sauce, Garlic Mayo, Lettuce, Onion, Chips

### Drinks

Tea, Coffee, Herbal Teas, Water, Bottled Drinks throughout the day

## DAILY OPTIONS

Tea

Coffee

Herbal Teas

Cold Drinks

Bottled Water

Cakes, traybakes & sweet treats

Served throughout the schedule