

THE — MOUNT STREET DELI —

SOUP

MONDAY	Sweet potato, harissa and chick pea, baby spinach soup
TUESDAY	Celeriac and pear soup with walnut and parsley pesto
WEDNESDAY	Thai coconut and mushroom soup
THURSDAY	Cauliflower, roast garlic and stilton croutons soup
FRIDAY	Roast pepper and black bean soup

HOT DISH / QUESADILLA

MONDAY	Chorizo, jalapeno, cheddar, rocket and tomato quesadilla
TUESDAY	Cauliflower, leek and kale macaroni cheese
WEDNESDAY	Beef casserole with herb rice
THURSDAY	Chicken curry vegetable pie
FRIDAY	Butternut squash tofu Laksa

THE — MOUNT STREET DELI —

HOT SANDWICH

MONDAY Stilton, caramelised onions, baby spinach and roast filled mushroom

TUESDAY Tuna, cheddar and seeded mustard

WEDNESDAY Spiced carrot hummus with aubergine and mozzarella

THURSDAY Chilli jam, caramelises onion salami and baby spinach

FRIDAY Honey roast ham, cheddar, seeded mustard, gem lettuce

THE — MOUNT STREET DELI —

SANDWICH

MONDAY

Pastrami with American mustard, mayo gherkins, cheddar cheese
gem lettuce

Tuna, corn, parsley, mayo, rocket

Chilli jam, brie, avocado, gem lettuce, plum tomato

TUESDAY

Chicken club sandwich

Cray fish tails, wiped feta with lemon, tarragon, water cress and tomato

Egg, spring onion, chervil, mayo and water cress

WEDNESDAY

Roast beef, roast mushroom, brie and seeded mustard mayo

Hot smoked salmon, pepper and lemon crème fraiche, baby water cress
dill, cucumbers

Herb cream cheese, cucumber avocado and alfalfa sprouts

THURSDAY

Roast lamb with mint, goats cheese, caramelised onions, gem lettuce

Cray fish tails, wiped feta with lemon and tarragon, water cress, tomato

Seeded mustard with cheddar cheese, tomato and avocado, rocket

FRIDAY

Coronation chicken

Tuna with mayo, emmental cheese, gem lettuce, tomato

Avocado, sundried tomato pesto, baby spinach and brie

THE — MOUNT STREET DELI —

PROTEIN

MONDAY

Paprika, tahini and sesame seed, chicken with chick pea, roast potato and fennel salad

Chilli, lemon grass marinated prawns with courgette noodles edamame beans and roast butter mushrooms

TUESDAY

Chard grilled beef with chimichurri sauce and radish and cos salad

Grilled sea bass with salsa verde, fennel, mange tout, almonds and baby spinach

WEDNESDAY

Harrisa roast lamb with couscous, peppers, raisins, cashews nuts and baby spinach

Porchetta salmon with sauce vierge, mixed leaf and radish salad

THURSDAY

Roast chicken with cauliflower couscous salad

Salt and pepper prawns with roast butter nut squash sesame seeds and courgette noodles

FRIDAY

Roast rosemary beef with caramelised onions, roast sweet potato, baby spinach and cream herb polenta.

Almond and lemon herb incrustated sea bass with grilled radicchio, green beans and roast potatoes

THE — MOUNT STREET DELI —

SALADS

MONDAY

Broccoli, cauliflower and lentil, halloumi salad
Lentil, radicchio and walnuts with honey dressing
Roast Cajun spice carrots, chick peas, kale and pomegranate
Mixed spout salad
Edamame beans, mange tout, kale, sesame seeds

TUESDAY

Buckwheat, pomegranate and roast carrot tabbouleh
Quinoa, butternut squash, apricots, baby spinach, walnuts, and roast tomatoes
Artichoke salad with olives, roast cherry tomatoes, oak leaf, basil
Sweet potato, green beans, pumpkin seed and baby spinach salad
Broccoli, oak leaf, radishes and mooli

WEDNESDAY

Israeli couscous, courgette, cherry tomato and fennel salad with herb crumb
Vietnamese sticky, spice tofu with cucumber noodles, shaved carrot and edamame beans
Roast beetroot chick pea and mixed spice roast seeds herb salad
Orange and date, red onion, radicchio salad
Green bean, radish and cavel nero salad

THURSDAY

Couscous, radicchio, pear with caramelised honey walnuts

Bulgur wheat, celery, apple, lemon, hazelnuts, chilli flakes, pomegranate and herbs

Balsamic roast carrots with almonds and bocconcini

Aubergine, harissa, cherry tomato, rocket, pomegranate and Turkish bread

Mixed leaves with cucumber, peas and roast mix seeds

FRIDAY

Israeli couscous, mix peppers, cucumber, sundried tomato, black olives and parsley

Butternut squash, pearl barley and broccoli

Tomato, button mushrooms, red onion, capers, pumpkin seeds, croutons black olives and basil

Mixed bean salad

Broccoli, coconut, sesame seed and green bean salad