

SAMPLE MENU - Noble Vegetarian

HOW YOUR WEEK MIGHT LOOK ON THE NOBLE VEGETARIAN MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (HOT or ON-THE-GO)	HOT BREAKFAST: Full Garden Breakfast; Scrambled Egg, Avo Toast, Vine Roasted Tomatoes, Grilled Mushrooms	HOT BREAKFAST: Fried Eggs, Sautéed Crispy Potatoes with Onion and Fresh Green Chilli & Harissa Yoghurt	ON THE GO BREAKFAST: Spicy Noodle Breakfast Pot	HOT BREAKFAST: Fried Potatoes with Chilli & Boiled Eggs	HOT BREAKFAST: Turkish Eggs: Soft Poached Eggs with Garlic & Herb Yoghurt, with Smoked Paprika and Parsley oil	ON THE GO BREAKFAST: Vanilla Yoghurt, Dried Mango and Seeds	HOT BREAKFAST: Toasted English Muffin, Soft Poached Eggs, Spinach & Montgomery Cheddar Cheese Sauce
LUNCH (FOR 'OPTION A')	Spinach and Ricotta Cannelloni, Fresh Nutmeg, Parmesan Breadcrumbs, Basil & Lemon Pesto Garlic & Parsley Fougasse	Delicia Pumpkin and Taleggio Pithivier, Creamed Cabbage & Roasted Baby Onions	Rainbow Cauliflower and Spinach Gratin Straw Potato and Vegetable Chips	Stuffed Peppers Spicy 5 Bean Chilli, Sour Cream Avocado, Rice & Peas	Pea & Asparagus Arancini Stuffed with Mozzarella, Truffle Cream Cheese Sauce & Sundried Tomato Pesto	Pea, Leek and Broccoli Quiche with Lyonnaise Potatoes	Spinach & Pumpkin Curry, Basmati Rice, Vegetable Pakora
SNACK POT	Tempura Vegetables & Yoghurt	Melon & Lime	Sliced Apple, Cheddar and Crackers	Falafal & Yoghurt	Rice Cake with Ricotta	Hummus & Vegetable Crisps	Chia Pudding with Mango Chunks
DINNER	Alba Truffle Risotto, Tomato & Basil Bruschetta	Spinach & Lentil Dahl, Jasmine Rice, Samphire Pakora	Baked Aubergine Parmigiana, Raw Fennel Salad and Dill	Paneer and Spinach Curry with Mushroom Rice and Poppadom	Stuffed Peppers with Curried Couscous and Mushroom, Grilled Halloumi	Roasted Butternut Squash with Lentils and Sage	Cauliflower Nuggets with Buffalo Sauce and Blue Cheese Dips
SALAD	Bulgur Wheat with Garamasala and Tikka Cauliflower	Barley with Roasted Squash and Spinach	Sweet Corn and Peas Dressed in Basil Oil	Bulgur Wheat and Tomatoes with Parsley and Garlic	Superfood Salad with Peas, Beans and Sprouts	Barley & Carrot with Endives and Herbs	Roasted Mushrooms, Couscous, Garlic, Dill and Radish
AFTERNOON SNACK	Granola Bar	Caramel & Cranberry Flapjack	Cocoa and Vanilla Protein Bites	Apricot and Coconut Oat Bar	Chickpea and & Paprika Baked Veggie Crackers	Banana Protein Bites	Peppermint Crunch Traybake
ADD DESSERT	SAMPLE DESSERTS: Chocolate Brownie • Normandy Apple Tart • Red Velvet Cake with Buttercream Icing • Carrot Cake • Stone Fruit Crumble • New York Baked Cheesecake						
ADD JUICE	SAMPLE JUICES: Apple, Spinach, Celery and Kale • Orange, Galangal and Lemongrass • Beetroot, Ginger and Apple • Pineapple, Ginger, Tumeric & Golden Beets • Blueberry, Raspberry and Pear						