

THE OLIVE MENU

SUMMER MENU

WEEK 3

MEAL DEAL



SPINACH
MAY



RASPBERRY
JUNE



COURGETTE
JULY

WHATS IN SEASON...

MON

TUES

WED

THURS

FRI

MAIN

Chicken Arrabiata
with Garlic Bread
(CE, G, MK)

Traditional Homemade
Cottage Pie with
Seasonal Vegetables
(CE, MK)

Hot Deli

Jerk Chicken
served with Rice &
Peas
(CE)

"Catch of the Day"
with Chips &
Tartare Sauce
(E, F, G, MU)

VEGGIE

Vegetable Ravioli &
Tomato Bake
(CE, G, MK)

Butternut Squash, Chive
& Goats Cheese Tart
with Kale Pesto
(E, G, MK)

Hot Deli

Spiced Chickpea &
Roasted Aubergine
Flatbread with Green
Herb Salsa
(CE, G, SU) 


Three Cheese Macaroni
(G, MK)

COOK
STATION

Chimichurri Slaw Beef
Burger with Seasoned
Wedges
(G, MK, SO, SU)


Spanish Chicken Leg
with Vegetable Pasta
(G, MU)


Tibetan Lenti, Corn &
Potato Coconut Curry
with Steamed Rice
(CE, MU)  

Key Wat, Slow Cooked
Ethiopian Stewed Beef
with Couscous (CE, G)


Chef's Choice

PUD

Peach, Pear &
Ginger Pie with
Custard
(E, G, MK)

Chocolate Sponge
Pudding with
Chocolate Sauce
(E, G, MK)

Apple & Fruits of the
Forest Crumble with
Custard Sauce
(G, MK)

Sicilian Lemon
Polenta Cake with
Vanilla Sauce
(E, G, MK)

Sticky Toffee Pudding
with Butterscotch
Sauce
(E, G, MK)

COLD SELECTION: BAGUETTES • SANDWICHES • SALAD BOXES • FRESH FRUIT • YOGURT POTS

ALLERGENS
KEY

CE - CELERY
CR - CRUSTACEAN
E - EGGS

F - FISH
G - CEREALS CONTAINING GLUTEN
L - LUPIN

MK - MILK
MO - MOLLUSCS
MU - MUSTARD

N - NUTS
P - PEANUTS
SE - SESAME SEEDS

SO - SOYA
SU - SULPHUR DIOXIDE

Go
Vegan

