



Sample 2

Friday Dinner

Courgette, Lemon & Thyme Fritters
broad bean & mint mash
Mediterranean roasted vegetables
saffron & white wine sauce

Sticky Toffee Pudding

Saturday Lunch

Middle Eastern Mezze ; flat bread with zaatar
Matbuha, humus, tabbouleh
tomato, olive & red onion salad
mixed leaf with toasted seeds

Clementine, Pomegranate, Date & Almond Salad

Saturday Dinner

Scaloppini Tempeh
roasted Mediterranean vegetables, artichokes, capers & olives
saffron & white wine sauce

Chocolate Berry Mousse Cake

Sunday Lunch

Baked 'Cheesey' Stuffed Sweet Potato
crunchy coleslaw
rocket, puy lentil & roasted shallot salad
mixed leaf with toasted seeds



Carrot Cake