

# THE OLIVE MENU

## SUMMER MENU

WEEK 3

MEAL DEAL



SPINACH  
MAY



RASPBERRY  
JUNE



COURGETTE  
JULY

WHATS IN SEASON...

MON

TUES

WED

THURS

FRI

MAIN

Penne 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

Mexican Bean Burger,  
Salsa & Seasoned  
Wedges (G)

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

