

# Yummies

## Monday

### meat

Mexican roasted chilli and orange chicken thighs served with Mexican potatoes, Mexican salsa, and shaved corn (DF) 🌶️🌶️

*Allergens - Celery, Mustard, Soy, Gluten*

### fish

Roasted salmon with pesto dressing served on ratatouille with smoked paprika and lemon potatoes, and capers (GF)

*Allergens - Fish, Milk, Sulphites*

### vegan

Vegan mushroom bourguignon pie with garlic potatoes, savoy cabbage, and vegan gravy (GF, DF)

*Allergens - Barley*

### salad

Cobb salad (GF). With your choice of chicken, salmon, tofu or halloumi

*Allergens - Mustard, Sulphites, Fish, Soya, Milk*

*fresh, ethical, tasty*

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# Yummies

## Tuesday

### meat

Beef meatballs in a rich sun-blushed tomato, red pepper, oregano and garlic sauce with buttered tagliatelle, parmesan, and salsa verde

*Allergens - Mustard, Sulphites, Milk, Gluten*

### fish

Tandoori fish masala with Bombay potatoes, spinach, and mint yoghurt (GF) 🌶️

*Allergens - Fish, Milk*

### vegan

Bang bang cauliflower with buffalo sauce, stir-fried vegetables, and steamed rice (GF, DF) 🌶️🌶️

*Allergens - Sesame Seeds, Sesame Oil, Mustard, Sulphites*

### salad

Caesar salad. With your choice of chicken, salmon, tofu or halloumi

*Allergens - Gluten, Egg, Fish, Soya, Milk*

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# Yummies

## Wednesday

### meat

Butter chicken with steamed rice and curried greens (DF, GF) 🌶️

*Allergens - Mustard, Sulphites, Milk*

### fish

Mixed fish, tarragon and potato pie with a medley of green vegetables

*Allergens - Fish, Gluten, Milk, Mustard*

### vegan

Vegan sausage and mash with vegan onion gravy and fine beans (GF, DF)

*Allergens - Soya*

### salad

Pasta salad with crisp lettuce, tomato, cucumber, onion, and avocado (DF). With your choice of chicken, salmon, tofu or halloumi

*Allergens - Gluten, Mustard, Sulphites, Fish, Soya, Milk*

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# Yummies

## Thursday

### meat

Beef sausage with spring onion and garlic mash, onion gravy, and fine beans (DF)

*Allergens - Gluten, Milk, Celery, Mustard*

### fish

Creamy salmon and tomato pasta with parmesan, green sauce, and side salad

*Allergens - Fish, Gluten, Milk, Mustard, Sulphites*

### vegan

Curried sweet potato and chickpea curry with steam rice and mango relish

(DF, GF) 🌶️

### salad

Chicory, poached pear, pumpkin seeds and goat's cheese salad (GF). With your choice of chicken, salmon, tofu or halloumi

*Allergens - Milk, Mustard, Sulphites, Fish, Soya*

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# Yummies

## Friday

### meat

Sweet and sour chicken with steamed rice and stir-fried vegetables (GF, DF)

*Allergens - Celery, Sesame Seeds, Sesame Oil, Soya*

### fish

Roasted seabream fillet with romesco sauce and a warm Mediterranean vegetable salad (GF)

*Allergens - Fish, Milk, Sulphites*

### vegan

Green Thai tempeh with mixed peppers, noodles, spring onion and chilli (DF)  
(DF, GF) 🌶️🌶️

*Allergens - Soya, Gluten*

### salad

Panzanella salad (DF). With your choice of chicken, salmon, tofu or halloumi

*Allergens - Mustard, Gluten, Sulphites, Fish, Soya, Milk*

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