

FOODSTERS

— Catering with Conscience —

Sample Weekly Menus

Menus are samples only. Menus chosen for your catering will reflect fresh seasonal availability of ingredients.

Monday:

Bacon, Egg, Spinach and Cheese Wraps (Mushroom for Vegetarians), Mueslis and Porridge

Vietnamese 5 Spice Caramel Pork; Pumpkin, Shitake and Tofu braised in coconut milk; Steamed Jasmine Rice; Fresh Spring Rolls; Vegetarian Steamed Dumplings; Fresh Herb Asian Slaw; condiments including Chopped Peanuts, Chilli Sambal, Coriander, Fried Shallots & Bean Sprouts

Lemon Tart with Fresh Whipped Cream

Tuesday:

Bacon & Egg Bagels, Mueslis and Porridge

Greek Chicken Stiffado; Garlic Butter Bean Stew; Boureki; Spanokopita; Fennel, Orange and Mint Salad; Greek Salad

Mediterranean Orange Cake with Greek Yogurt

Wednesday:

Fresh Filled Ham, Cheese and Tomato Croissant (Avocado for Vege), Mueslis and Porridge

Homemade Beef Patties; Vegan Patties; Gourmet Burger Buns; Polenta Chips; Sliced Cheese, Tomatoes and Lettuce; Belarusian Carrot Salad; Homemade Beetroot Relish; Aioli and Sauces

Pecan Pie with Fresh Cream

Thursday:

Individual Shakshuka Bowl, Mueslis and Porridge

Slow Roasted Shoulder of Lamb; Homemade Falafel; Baked Whole Cauliflower with Turmeric and Raisins; Roasted Broccoli and Hot Hummus Salad; Moroccan Spiced Carrots; Beetroot, Orange and Black Olive Salad

Tiramisu

Friday:

Tramezzino Croque Monsieur, Mueslis and Porridge

Fresh Fish Escabeche with Tomato and Basil; Lentil Pasties; Warm New Potatoes with Roasted Peppers, Caramelised Red Onion, Caperberries and Kalamata Olives; Steamed Green Beans with Garlic; Kohl Rabi and Dill Salad; Iceberg, Egg and Parmesan Salad.

Apple and Feijoa Crumble with Homemade Custard