

ECSS 2024 - LUNCH OPTIONS

Wednesday 3rd July

Chicken Fricassee *(meat/fish)*

Black garlic and cider braised shallots with parsley potatoes

or

Roasted Aubergine & Tempeh *(vegetarian/vegan)*

Red pepper and coriander cous cous, charred fennel, rose harissa

Fattoush Salad *(side dish)*

Crispy onion, radish, chopped tomato & rosemary flatbread, with a lemon & soft herb dressing

Thursday 4th July

Thai Spiced Glazed Trout *(meat/fish)*

Lime Chilli glazed trout, rice noodles & garlic greens

or

Summer Squash Tagine *(vegetarian/vegan)*

Apricots, carrots, cinnamon and tomato with a fragrant cous cous

Panzanella *(side dish)*

Fresh tomato, cucumber, red onion, sourdough croutes with an olive oil dressing

Friday 5th July

Fragrant Thai Red Chicken Curry *(meat/fish)*

Ginger, garlic marinated chicken thigh, coconut & chilli cream with lime rice.

or

Wild Mushroom Stroganoff *(vegetarian/vegan)*

Soft herb brown rice

Asian Chopped Salad *(side dish)*

Crisp Cabbage & carrot, pickled radish with soy & lime dressing