

Long form – 10 day shoot of hot lunch banquets

Week 1	Week 2
Day 1: MIDDLE EASTERN <ul style="list-style-type: none"> - Lamb, carrot and cumin kofta with pomegranate molasses glaze (G.F, D.F) - Moroccan Spiced roast chicken with flaked almonds, burnt onion and lemon & parsley oil (G.F, D.F) - Charred eggplant and sweet potato with saffron yoghurt, mint, and pinenuts (Vegan, G.F) - Maple, sesame and cumin glazed carrots with crispy spiced chickpeas (Vegan, G.F) - Charred cabbage, fennel, fresh orange and pomegranate salad (Vegan, G.F) - Pilaf rice with cinnamon, cardamom, cranberries and vegetable stock (Vegan, G.F) 	Day 1: INDONESIAN <ul style="list-style-type: none"> - Rendang – Slow cooked beef short rib (<i>or potato and mushroom</i>) curry in turmeric leaf, lemongrass, Kafir lime and coconut (D.F, G.F) - Lawar – Fresh coconut flesh with sauteed snake beans, bean shoots, Indonesian herbs, cucumber and tamarind Sambal (D.F, G.F) - Mee Goreng – Stir-fried fresh egg noodles with garlic chives, egg, carrot and cabbage in a caramelised soy and garlic sauce - Kang Kung – Steamed water spinach with crispy tempeh and cashews in a sweet sambal sauce (G.F, Vegan) - Nasi Lemak Toppings – Fresh cucumber, tomato, coriander, Mukrat peanuts and banana leaf steamed rice
Day 2: CHINESE <ul style="list-style-type: none"> - Northern Chinese style stir-fried beef (<i>or seitan vegetarian option</i>) with Szechuan peppercorn, cumin and garlic and seasonal veg (D.F, G.F) - Chilled noodle salad with of ginger poached chicken, spring onion, peanut and sesame sauce, chilli crisp and spiced soy. (D.F) - Smashed cucumber and bean sprout salad (Vegan, G.F) - Beijing style cabbage hearts with sweet sesame and black vinegar (D.F, G.F) - Chinese broccoli dressed with sesame and crispy garlic (Vegan, G.F) - Steamed medium-grain rice 	Day 2: ITALIAN <ul style="list-style-type: none"> - Lemon and herb crispy skin roast chicken with tomato and basil sauce (G.F, D.F) - Sliced porterhouse steak (Beef) salad with rocket, caramelised onion, roasted red peppers, walnut and semi-dried tomato with blue cheese dressing on side. (G.F, D.F) - Pumpkin, ricotta, sage and brown butter lasagne (Veg, G.F) - Mozzarella Caprese salad with fresh strawberries and balsamic (Veg, G.F) - Radicchio, walnut, broccolini and golden raisin salad with orange and olive oil reduction (G.F, Vegan)
Day 3: ITALIAN <ul style="list-style-type: none"> - Polpetta meatballs (<i>or vegetarian meatballs</i>) with smoked tomato and red pepper sauce (D.F, G.F) - Broccolini and asparagus with preserved lemon oil and toasted almonds (Vegan, G.F) - Heirloom tomato, basil, red onion and cucumber salad with a gazpacho dressing and sourdough croutons (Vegan, G.F) - Italian grain salad with poached currants, rocket, toasted hazelnuts and broccoli with parsley pesto (Vegan) - Sourdough garlic breads with hot honey, oregano and parmigiano 	Day 3: MEXICAN <ul style="list-style-type: none"> - Brisket Barbacoa – Slow cooked Beef brisket in sour oranges, pimento, Mexican chillis and spices (D.F, G.F) - Chicken Achiote – Grilled chicken (<i>or banana blossom and black bean</i>) with achiote spice, pineapple, lime and rainbow capsicums (D.F, G.F) - Red papaya Pico de Gallo with tomato, cucumber, red onion, coriander, lime and ginger (Vegan, G.F) - Curtido Salad – Shaved sweet cabbage and pickled carrot with Mexican oregano and an orange and sherry vinegar dressing (Vegan, G.F) - Drunken Rice – Long-grain rice steamed with loads of fresh herbs, dark beer, spinach, stock, lime and green chillis (Vegan, G.F)\
Day 4: THAI <ul style="list-style-type: none"> - Penang curry with a choice of shredded roast duck (<i>or pumpkin and snake bean</i>) - Lemongrass, turmeric and kafir lime marinated skewers, choice of Chicken or King-oyster mushrooms (G.F, Vegan optional) - Steamed Kang Kung (water spinach) with ginger and oyster sauce and crispy fried garlic (Vegan, G.F) - Green papaya, snake bean, peanut and Thai herb salad with tamarind and palm sugar dressing (G.F, Vegan optional) - Coconut sticky rice (Vegan, G.F) 	Day 4: FRENCH <ul style="list-style-type: none"> - Beef Bourguignon - Red wine and beef (<i>or Portobello mushroom and parsnip</i>) slow cooked stew with autumn veg) (D.F, G.F) - Nicoise - warm potato, green bean, radish and olive salad with grilled salmon fillets and a tarragon vinaigrette (Includes vegetarian alternate version) (D.F, G.F) - 'Berg salad - Shredded iceberg and cherry tomato with blue cheese dressing, toasted almonds and pomegranate (Veg, G.F) - Asparagus and Peas - In white wine, lemon and mint butter - Cauliflower Gratin - Creamy plant based cheese sauce on roasted cauliflower with garlic breadcrumbs (D.F, G.F)
Day 5: JAMAICAN <ul style="list-style-type: none"> - Jerk chicken, Halloumi and Jackfruit with a tamarind BBQ sauce (G.F and Vegan optional) - Sauteed peppers, cabbage and sweet onions in Caribbean spices (Vegan, G.F) - Pineapple and chayote salad with quick pickles, mint and lime (Vegan, G.F) - Coconut coleslaw (Vegan, G.F) - Jamaican Rice n' Peas - long grain rice steamed with black beans, thyme, garlic and coconut (Vegan, G.F) - Roasted ripe plantain 	Day 5: JAPANESE <ul style="list-style-type: none"> - Stir-Fried pork loin (<i>or charred tofu puff and cashew</i>) with red onion and carrots in Japanese chili, sesame and miso (G.F, D.F) - Oven baked chicken katsu with Okonomiyaki sauce (D.F) - Wafu Salad – Japanese garden salad with daikon radish and ginger and sesame dressing (G.F, Vegan) - Chilled Soba Noodles with grated baby radish, spring onion and yuzu ponzu dressing (G.F, Vegan) - Roasted Japanese squash with mirin glaze and furikake (G.F, Vegan)

This menu is an example of 10 days' worth of our most common dishes. Your actual menu may vary based on availability, season and your own input