

The Mount Street Deli

Week Commencing 27/04/2015

	Soup	Frittata/Quesadilla	Hot Sandwich	Sandwich Fillings	Protein	Salads
Monday	Tomato soup with parmesan gnocchi	Parma ham, stilton and watercress quesadilla	Field mushroom, grilled peppers, mozzarella and rocket	Salami, american mustard, gherkin and rocket Crayfish tails, sweet chilli mayonnaise, cucumber and baby gem Mature cheddar, branstons pickle, plum tomato and iceberg	Tex-mex chicken salad Char-grilled tuna with chickpea salad	Penne pasta with black olive, cherry tomato and shaved courgette Roasted potatoes, red pepper, peas and spring onion Shaved heritage carrots, fennel, pumpkin seeds and dill Celeriac, kohlrabi and swede remoulade Mange tout with peas and sugar snaps
Tuesday	Chilled roasted red pepper and basil	Courgette, spinach and feta cheese frittata	Honey roast ham, mature cheddar and roasted red onion	Parma ham, sun-dried tomato, parmesan and rocket Smoked salmon, avocado cream cheese, cucumber and watercress Roasted red pepper, goats cheese and baby spinach	Rare roast beef with spring green salad Herb baked salmon with lemon & caper dressing	Bulgur wheat with apricots, mint, edamame beans and rocket Quinoa with sultanas, toasted almonds and peas Waldorf salad with pears and yellow pepper Red cabbage with grated carrot, mange tout and spring onion Broccoli with radish and sugar snaps
Wednesday	Beetroot and horseradish	Chorizo, mozzarella and baby spinach quesadilla	Brie, roast courgette, plum tomato and baby spinach	Rare roast beef, horseradish and watercress Smoked salmon, dill crème fraiche, cucumber and rocket Curried egg mayonnaise and mustard cress	Roasted lamb leg with peas, asparagus and cherry tomato Seabass with minted fennel and radish	Israeli couscous with cherry tomato, watercress, almonds and pine nuts Rice salad with bell peppers, shaved courgette and sunflower seeds Beetroot with pear, walnut and feta Radish with edamame beans, bean sprouts and alfalfa sprouts Cucumber with fennel and sesame seeds
Thursday	Courgette and mint	Roast new potato, parmesan and watercress frittata	Bacon, smoked cheddar, apple and walnut	Cajun chicken, garlic & herb mayonnaise and baby gem Tuna & sweetcorn mayonnaise with baby gem Feta cheese, black olive, plum tomato and baby spinach	Teriyaki beef with asian vegetable salad Citrus prawns with broccoli, watercress and radish	Cracked wheat tabbouleh Fusilli pasta with roasted mediterranean vegetables, basil and mozzarella Kohlrabi, savoy cabbage and carrot coleslaw Roasted cauliflower, chickpeas, red pepper and peas Broccoli with, edamame beans mange tout, chilli and sesame
Friday	MSD minestrone	Red pepper, sweetcorn, black olive and rocket quesadilla	Goats cheese, balsamic roasted red onion and baby spinach	Honey roast ham, english mustard, plum tomato and iceberg Smoked mackerel, pickled beetroot, cucumber and baby spinach Grilled aubergine, plum tomato, pesto and rocket	Chicken caesar salad Herb roasted salmon nicoise salad	Couscous with cherry tomato, aubergine and cucumber Potato salad with sweetcorn, spring onion and sweet chilli crème fraiche Beetroot with edamame beans, sugar snaps and sunflower seeds Sweetcorn with asparagus, peas, chilli, maple syrup and toasted cashews Anti-oxidant salad
Saturday	Tbc	n/a	tbc	tbc	tbc	tbc

ALL OUR SALADS ARE FRESHLY DRESSED WITH LEMON ZEST, LEMON JUICE, EXTRA VIRGIN OLIVE OIL AND CHOPPED PARSLEY AND FINISHED WITH MALDON SEA SALT AND FRESH CRACKED BLACK PEPPER