

JIGSAW KITCHEN

MENU

DISH 1 - HUNGARIAN GOULASH

Lunch - Chickpeas, butter beans, potatoes & peppers in a rich paprika & tomato stew served with green beans (HUNGARY)

Dessert - Plant based yogurt & agave nectar sprinkled with flax seeds, sunflower seeds, pumpkin seeds & goji berries

Light Tea - Wraps filled with sweetcorn, beans & rice / satsumas / dried fruit / flaxseed breadsticks

DISH 2 - CHANA DAL

Lunch - Red lentils, butternut squash, chickpeas & sweet potato in a mild madras tomato curry sauce served with boiled rice (INDIA)

Dessert - Pineapple cake served with plant based custard

Light Tea - Sweet potato wedges with spiced plant based yogurt dip / seasonal fruit selection / pepper sticks / rich tea biscuits

DISH 3 - AMERICAN SQUASH CASSEROLE

Lunch - Black bean, potato, butternut squash & root vegetable stew (USA)

Dessert - Sultana & goji berry flapjacks

Light Tea - Pitta bread strips with chickpea & roasted pepper dip / Cucumber & red pepper sticks / Fig & orange cake



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DISH 4 - SWEET & SOUR VEGETABLES

Lunch - Mixed seasonal vegetables & butter beans in a sweet & sour sauce served with boiled rice (CHINA)

Dessert - Plant based yogurt topped with a goji berry, mixed seed & oat crumble

Light Tea - Baked vegetable spring rolls with sweet chilli dip / cucumber & pepper sticks / cereal tray bake (Alpen, honey, raisins & mixed seeds) topped with plant based chocolate

DISH 5 - SHEPHERDLESS PIE

Lunch - Lentils, mushrooms & mixed seasonal vegetable Shepherds Pie (UK)

Dessert - Bananas & custard served with a mixed seed crumb (Flax, sunflower, pumpkin seed & goji berries)

Light Tea - Wholemeal sandwiches with butter bean & sun dried tomato filling / seasonal fruit selection / wholemeal biscuits

DISH 6 - SEASONAL ITALIAN PASTA BAKE

Lunch - Seasonal mixed vegetables & cannellini beans in a rich tomato sauce served with fusilli pasta (ITALY)

Dessert - Gelato (Plant based ice cream) with an oat & mixed seed (Flax, sunflower, pumpkin, sesame & goji berries) crumble topping

Light Tea - Wraps filled with falafel, yogurt dressing & salad / cucumber & carrot sticks / fresh strawberries



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DISH 7 - JAMAICAN FRUITY VEGETABLE CURRY

Lunch - Butternut squash, peppers, pineapple, apple & raisins in a creamy coconut milk curry sauce served with boiled rice (JAMAICA)

Dessert - Carrot Cake with plant based custard

Light Tea - Wholemeal sandwiches with hummus, lettuce, tomato & cucumber / dried apricots / carrot sticks / fruit selection

DISH 8 - ALOO MATAR CURRY

Lunch - Potato, chickpea & pea curry in a spiced tomato based curry sauce (PAKISTAN)

Dessert - Coconut rice pudding & mango puree

Light Tea - Pitta bread strips & sweet potato wedges served with soya yogurt & mint dip / carrot sticks / bananas/melon

DISH 9 - PAELLA DE VERDURAS

Lunch - Cannellini & butter beans with seasonal vegetable paella (SPAIN)

Dessert - Apple cake with plant based custard

Light Tea - Plant based pastry pockets with tomato pizza topping (beans, sweetcorn, red peppers & olives) / pepper sticks / sliced pears



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DISH 10 - CHILLI SIN CARNE

Lunch - Lentil & mushroom chilli with kidney, borlotti & cannellini beans served with boiled rice (MEXICO)

Dessert - Plant based ice cream served with strawberries and a lemon biscuit

Light Tea - Tortilla wraps filled with tomato salsa, sweetcorn & mashed chickpeas / red pepper sticks / cucumber sticks / grapes

DISH 11 - TERIYAKI JACKFRUIT & VEGETABLE SESAME NOODLES

Lunch - Jackfruit & Mixed vegetables stir fried in a teriyaki sauce served with egg free noodles topped with toasted sesame seeds (JAPAN)

Dessert - Peaches served with plant based jelly & coconut whipping cream

Light Tea - Pittas served with BBQ beans / sweet potato crackers / apples / fresh pineapple

DISH 12 - MANGO & VEGETABLE CURRY

Lunch - Plant based Quorn pieces with red peppers & mango slices in a fruity curry sauce served with boiled rice (MALAWI)

Dessert - Apple & blackberry crumble served with plant based ice cream

Light Tea - Poppy seed crackers & flax bread sticks served with lemony smashed chickpea and garlic dip / cucumber sticks / satsumas



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DISH 13 - BOERSWORS CASSEROLE

Lunch - Plant based sausages, mixed beans & chickpeas in a South African spiced tomato curry sauce (SOUTH AFRICA)

Dessert - Bread & butter pudding with plant based custard

Light Tea - Curried lentil and chickpea wrap / carrot & pepper sticks / apples / pineapple

DISH 14 - DORO WAT CURRY

Lunch - Lentils, chickpeas, borlotti & haricot beans with butternut squash in an East African spiced curry sauce served with boiled rice (ETHIOPIA)

Dessert - Plant based ice cream with a mixed berry compote and oat rolled topping

Light Tea - Mashed bean & avocado wrap / sliced fresh pineapple / wholemeal biscuit

DISH 15 - VEGETABLE, BEAN & LENTIL CASSOULET

Lunch - Sweet potato, butternut squash, lentils, chickpeas and mixed beans in a French tomato cassoulet style sauce (FRANCE)

Dessert - French pastries - rolled plant based puff pastry with (1) apricot & (2) raspberry jam topped with icing sugar

Light Tea - Sliced French baguette with chickpea pate / dried fruit / apple slices / sweet potato crackers