

Ernest Bevin College - Lunch Menu Autumn 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	<i>Week 1</i>	<i>Week 1</i>	<i>Week 1</i>	<i>Week 1</i>
Spaghetti Bolognese	Mediterranean Pasta (V)	Honey Glazed Chicken with Roast Potatoes & Gravy	Beef Madras with Rice	Curried Fish with Rice
Layered Potato & Bean Bake with Onion Bread (V)	Jamaican Pie with Parsley Potatoes	Spicy Vegetable Nachos and Sour Cream (V)	Courgette & Sweetcorn Frittatta with New Potatoes (V)	Chicken Chow Mein
Pollock Fillet marinated with Pesto, with Tomato Salsa and New Potatoes	Chicken in Coconut and Basil Sauce with Scented Rice	Salmon & Broccoli Fish Cake with Ranch Potatoes	Sweet and Sour Chicken with Tagliatelle	Macaroni Cheese (V)
Selection of Freshly Prepared Salad Boxes	Selection of Freshly Prepared Salad Boxes	Selection of Freshly Prepared Salad Boxes	Selection of Freshly Prepared Salad Boxes	Selection of Freshly Prepared Salad Boxes
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Peach Crumble with Custard	Baked Treacle Sponge with Custard	Chocolate Brownie	Banana Loaf with Custard	Apple and Berry Slice with Custard
<i>Week 2</i>	<i>Week 2</i>	<i>Week 2</i>	<i>Week 2</i>	<i>Week 2</i>
Deep Dish Lasagne with Herb Bread	Chicken Madras with Rice	Roast Turkey with Roast Potatoes & Gravy	Piri Piri Chicken with Baked Potato Wedges	Shepherd's Pie
Caribbean Fish with Rice	Vegetable Tagine with Rice (V)	Cheesy-topped Fisherman's Pie	Salmon Paella	Liver & Bacon with Parsley Potatoes & Gravy
Vegetable Balti with Rice (V)	Sweet Potato Wheel with Creamed Potatoes (V)	Cheese and Tomato Quiche with New Potatoes (V)	Baked Bean Lasagne with Herb Bread (V)	Vegetable Moussaka (V)
Selection of Freshly Prepared Salad Boxes	Selection of Freshly Prepared Salad Boxes	Selection of Freshly Prepared Salad Boxes	Selection of Freshly Prepared Salad Boxes	Selection of Freshly Prepared Salad Boxes
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Baked Jam Sponge with Custard	Apple & Cinnamon Crumble Topped Cake with Custard	Spiced Bread Pudding	Caramelised Pineapple Upside-Down Cake with Custard	Chocolate & Mandarin Cake with Chocolate Sauce
<i>Week 3</i>	<i>Week 3</i>	<i>Week 3</i>	<i>Week 3</i>	<i>Week 3</i>
Sausage, Mash and Onion Gravy	Chilli Con Carne with Rice	Lamb Meat Balls with a Rich BBQ Sauce and Spaghetti	Jerk Chicken with Rice and Peas	Lamb Moussaka with New Potatoes
Cajun Fish with Rice	Cauliflower and Chickpea Dahl with Rice (V)	Salmon & Spinach Bake with Homemade Crusty Bread	Cheese & Onion Pasty with Oven Baked Wedges (V)	Tuna & Pepper Pasta
Five Bean Chilli with Rice (V)	Vegetarian Pesto Bake with Baked New Potatoes (V)	Falafel Pattie and Salsa, with Lyonnaise Potatoes (V)	Sweet Tomato and Basil Pasta (V)	Vegetarian Shepherdess Pie (V)
Selection of Freshly Prepared Salad Boxes	Selection of Freshly Prepared Salad Boxes	Selection of Freshly Prepared Salad Boxes	Selection of Freshly Prepared Salad Boxes	Selection of Freshly Prepared Salad Boxes
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Deep Dish Apple Pie with Custard	Sultana Sponge with Custard	Baked Rice Pudding	Lemon & Lime Drizzle Cake with Custard	Sticky Date Cake with Custard
A daily choice of fresh and dried fruit - Mineral water and a selection of pure fruit juices				
(V) = Vegetarian				