

Ernest Bevin College - Lunch Menu (Spring / Summer 2016/17)

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>
Chicken & Leek Puff Pastry Pie	Beef Chilli Con Carne	Rosemary Roast Chicken with Stuffing	Minced Beef Lasagne	Piri Piri Chicken
Savoury Fish Bake	Vegetable Quesadilla (v)	Salmon Kedgeree with Curry Sauce	Bombay Vegetables (v)	Mushroom & Chickpea Patty with Tomato Relish (v)
Pasta/Jacket Potato with Vegetable Biryani (v)	Pasta/Jacket Potato with Sweet Tomato Bake (v)	Pasta/Jacket Potato with Cheese & Onion Quiche (v)	Pasta/Jacket Potato with Vegetable Chow Mein (v)	Pasta/Jacket Potato with Baked Bean Lasagne (v)
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
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
Soup of the Day & Bread Roll	Soup of the Day & Bread Roll	Soup of the Day & Bread Roll	Soup of the Day & Bread Roll	Soup of the Day & Bread Roll
Rhubarb Crumble & Custard	Iced Lemon & Cucumber Cake	Sticky Toffee Pudding	Cheery Swirl Sponge & Custard	Chocolate Oaty Squares
<i>Week 2</i>	<i>Week 2</i>	<i>Week 2</i>	<i>Week 2</i>	<i>Week 2</i>
Beef Bolognaise	Lemon & Thyme Crusted Chicken	Beef Enchiladas	Chicken Korma with Onion Salad	Breaded Fish with Tartare Sauce
Pollack Gratin & New Potatoes	Tomato & Mature Cheddar Plait (v)	Cod with Moroccan Bean Stew	Tuna Pasta Bake	Lentil Curry & Rice (v)
Pasta/Jacket Potato with Red Pepper & Courgette Slice (v)	Pasta/Jacket Potato with Vegetable Bolognaise (v)	Pasta/Jacket Potato with Shepherdess Pie (v)	Pasta/Jacket Potato with Quorn Paella (v)	Pasta/Jacket Potato with Potato & Vegetable Burrito (v)
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
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
Soup of the Day & Bread Roll	Soup of the Day & Bread Roll	Soup of the Day & Bread Roll	Soup of the Day & Bread Roll	Soup of the Day & Bread Roll
Fruity Crunch & Custard	St. Clements Sponge with Custard	Chocolate Sponge & Chocolate Sauce	Strawberry Apple Crumble & Custard	Lemon Drizzle Cake
<i>Week 3</i>	<i>Week 3</i>	<i>Week 3</i>	<i>Week 3</i>	<i>Week 3</i>
Beef & Sweet Potato Curry	Tandoori Chicken	Jamaican Lamb Pie with Gravy	BBQ Chicken	Jerk Chicken
Spring Vegetable Pasta (v)	Cheesy Fisherman's Pie	Mackerel & Watercress Fishcakes	Tuna & Sweetcorn Empanada	Minced Lamb Pasta Bake
Pasta/Jacket Potato with Sweet & Sour Noodles (v)	Pasta/Jacket Potato with Tomato & Basil Pasta (v)	Pasta/Jacket Potato with Macaroni Cheese (v)	Pasta/Jacket Potato with Mushroom Stroganoff (v)	Pasta/Jacket Potato with Carrot & Pesto Bake (v)
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
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
Soup of the Day & Bread Roll	Soup of the Day & Bread Roll	Soup of the Day & Bread Roll	Soup of the Day & Bread Roll	Soup of the Day & Bread Roll
Apple Crumble & Custard	Summer Fruit Ripple Sponge & Custard	Zingy Citrus Squares	Chocolate & Beetroot Brownie	Iced Passion Fruit Cake

Soup of the Day is served in an insulated soup container with a lid together with homemade freshly baked bread

A selection of fresh fruit, mineral water and pure fruit juices is available each day