

Ernest Bevin College - Lunch Menu (Autumn / Spring 2017-18)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Week 1	Week 1	Week 1	Week 1
Chilli Beef Taco & Tomato Salsa	Chicken Italiano	Beef Lasagne	BBQ Chicken	Breaded Fish with Tartare Sauce
Tomato & Basil Pasta Bake (v)	Tuna Pasta Bake	Honey & Ginger Stir Fried Vegetables (v)	Salmon & Watercress Tart	Cheddar & Red Onion Quiche (v)
Quorn Paella (v)	Mexican Vegetable Burrito (v)	Vegetable Pasta Bolognese (v)	Roasted Butternut Squash Jalfrezi with Rice (v)	Lentil Roast (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 & Blackberry Crumble & Custard	Sultana Pudding with Lemon Syrup	Peach & Raspberry Sponge with Custard	Jam Sponge with Custard	Chocolate Carrot Cake
Week 2	Week 2	Week 2	Week 2	Week 2
Sweet & Sour Chicken	Beef Rogan Josh	Roast Chicken with Stuffing	Jamaican Lamb Pie	Piri Piri Chicken with Rice
Cod Provencale	Sweet Potato & Spinach Whirl (v)	Roasted Vegetable Biryani (v)	Carrot & Pesto Bake (v)	Smoked Mackerel & Watercress Fishcake
Quorn Roasted Vegetable Lasagne (v)	Baked Bean Lasagne (v)	Aubergine Parmigiano (v)	Spring Rolls (v)	Red Pepper & Courgette Slice (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 with Custard	Butterscotch Pudding	St. Clements Cake with Custard	Iced Carrot Cake	Chocolate Fudge Cake
Week 3	Week 3	Week 3	Week 3	Week 3
Beef Bolognese	Chicken & Sweetcorn Puff Pastry Pie	Lamb Moussaka	Paprika Chicken	Beef Enchiladas
Salmon Kedgeree	Trawlerman's Pie	Macaroni Cheese (v)	Vegetable Korma with Rice (v)	Caribbean Cod
Sweet Potato & Plantain Curry with Rice (v)	Vegetable Chow Mein (v)	Quorn Chilli with Rice (v)	Shepherdess Pie with Sweet Potato Mash (v)	Spinach & Mushroom 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
Dutch Apple Pie with Custard	Fruity Crunch Crumble with Custard	Lemon Drizzle Cake	Vanilla Sponge with Chocolate Custard	Chocolate Sponge with Chocolate Sauce

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