

Ernest Bevin College - Lunch Menu (Spring / Summer 2018)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Week 1	Week 1	Week 1	Week 1
Spaghetti Bolognese, Garlic Bread & House Salad	Beef Meatballs in Tomato Sauce & Rice	Roast Turkey & Stuffing	Piri-Piri Chicken with Rice & Kachumber Salad	Homemade Breaded Fish with Potato Wedges
Vegetarian Bolognese, Garlic Bread & House Salad	Sweet Potato & Squash Stew with Rice	Vegetable Biryani with Spiced Cauliflower	Piri-Piri Quorn with Rice & Kachumber Salad	Lamb Chilli & Rice
BBQ Chicken Flatbread with House Salad	Vegetable Thai Curry & Rice	Margherita Twist with Tomato Salad	Sweet Potato Shepherd's Pie	Spring Rolls with Broccoli
Seasonal Vegetables / Pasta / Jacket Potatoes	Seasonal Vegetables / Pasta / Jacket Potatoes	Seasonal Vegetables / Pasta / Jacket Potatoes	Seasonal Vegetables / Pasta / Jacket Potatoes	Seasonal Vegetables / Pasta / Jacket Potatoes
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 Pie	Sultana Sponge & Lemon Syrup	Toffee Apple Sponge	Tropical Fruit Crumble & Custard	Chocolate & Beetroot Brownies
Week 2	Week 2	Week 2	Week 2	Week 2
Chicken Madras & Turmeric Rice, Naan & Onion Salad	Lamb Pasta Bake with Tomato Garlic Bread	Roast Beef with Thyme Gravy	Beef Chilli Burrito with Chill Slaw & Refried Beans	Tuna Pasta Bake
Vegetable Jalfrezi & Turmeric Rice, Naan & Onion Salad	Aubergine & Squash Bake with Tomato Garlic Bread	Quorn Singapore Noodles	Mexican Bean Chilli Burrito with Chilli Slaw	Roasted Vegetable Tart & Wedges
Red Onion & Cheese Quiche	Quorn Paella with Roasted Tomatoes	Roasted Vegetable Flatbreads	Mackerel & Leek Pasta Bake & Garlic Bread	Italian Chicken Pitta & Wedges
Seasonal Vegetables / Pasta / Jacket Potatoes	Seasonal Vegetables / Pasta / Jacket Potatoes	Seasonal Vegetables / Pasta / Jacket Potatoes	Seasonal Vegetables / Pasta / Jacket Potatoes	Seasonal Vegetables / Pasta / Jacket Potatoes
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
Citrus Squares	Cherry & Apple Crumble	Carrot Cake	Pineapple Upside Down Cake	Chocolate Cookie
Week 3	Week 3	Week 3	Week 3	Week 3
Beef Lasagne	Moroccan Chicken Khobez Wrap & Rice	Roast Chicken with Stuffing	Jamaican Lamb Pie with Jerk Mash	Thai Fish Cakes with Chilli Dipping Sauce
Three Bean Chilli with Mexican Rice	Moroccan Quorn Khobez Wrap & Rice	Red Pepper & Courgette Slice	Macaroni Cheese & Garlic Bread	Cottage Pie
Sweet Potato & Spinach Whirl	Baked Bean Lasagne with Garlic Bread	Chilli Beef Pitta & Salad	Stir Fried Noodles with Crispy Vegetables	Spinach & Potato Fritta
Seasonal Vegetables / Pasta / Jacket Potatoes	Seasonal Vegetables / Pasta / Jacket Potatoes	Seasonal Vegetables / Pasta / Jacket Potatoes	Seasonal Vegetables / Pasta / Jacket Potatoes	Seasonal Vegetables / Pasta / Jacket Potatoes
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
Eve's Pudding with Custard	Chocolate Fudge Cake & Chocolate Custard	Caramelised Apple Crumble	Parsnip Cake	Flapjack

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