

WEEK 1

MONDAY

SOUP: CARROT AND CORIANDER (V, GF, CE)
MAIN COURSE: ITALIAN CHICKEN CASSEROLE WITH BASIL, CRUSHED NEW POTATOES AND SMASHED ROOT VEGETABLES (H, CE, GF)
VEGETARIAN MAIN: QUORN AND VEGETABLE CHILLI BURITTO (V, CE, MU, C, E)
DELI WRAP: CHINESE CHICKEN (C, H, S)
DESSERT: CHOCOLATE MOUSSE (C, M, E)

Tuesday

SOUP: SWEET POTATO (V, GF, CE)
MAIN COURSE: BEEF STROGANOFF WITH BRAISED RICE AND GREEN BEAN (M, MU)
VEGETARIAN MAIN: VEGETABLE AND LENTIL TIKKA WITH BRAISED RICE (V, CE, GF)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD
PASTA(E,C)/NOODLE(E,C)/RICE BAR: CHICKEN ITALIAN (GF,H, CE), BASILICO (GF,V,CE)
DESSERT: SHORTBREAD (C, E, M)

Wednesday

SOUP: MUSHROOM (V, GF, CE)
MAIN COURSE: LOADED BAGUETTE
 BBQ CHICKEN (H, CE, C, M, SS, S, SD), LEMON AND GARLIC PULLED PORK (SS, C, CE, M, MU, S)
VEGETARIAN MAIN: TOMATO AND MOZZARELLA (V, S, M, SS, SD)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES, HOMEMADE COLESLAW (M, E, MU)
DELI WRAP: FIRECRACKER CHICKEN (H, C, CE)
DESSERT: CARAMELISED PEAR YOGHURT WITH CRUMBLE TOPPING (M,

Thursday

SOUP: CURRIED VEGETABLE (V, GF, CE)
MAIN COURSE: BEEF AND TOMATO LASAGNE (C, CE, M, SD, SS, MU) WITH TOSSED SALAD
VEGETARIAN MAIN: ROOT VEGETABLE GRATIN WITH ROASTED TOMATOES (V, CE, M)
PASTA(E,C)/NOODLE(E,C)/RICE BAR CHICKEN AND CHORIZO (GF, CE) TOMATO AND PEPPER (GF,V,CE)
DESSERT: CHOCOLATE BROWNIE (M, N, C, E)

Friday

SOUP: GREEN PEA (V, GF, CE)
MAIN COURSE: BREADED CHICKEN GOUJONS (H, M, E, C, MU)
VEGETARIAN MAIN: VEGETABLE PASTY (V, M, E, CE, C)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES & HOMEMADE COLESLAW (M, E, MU)
DESSERT: CHOCOLATE CHIP MUFFIN (C, M, SD, E)

WEEK 2

MONDAY

SOUP: BROCCOLI (V, M, CE, GF)
MAIN COURSE: SMOKY PAPRIKA CHICKEN (GF, CE, H) WITH CORIANDER AND CAULIFLOWER RICE
VEGETARIAN MAIN: VEGETABLE LASAGNE (M, E, C),GARLIC BREAD (C,M)
FILLED JACKET: BEEF CHILLI (CE)
DESSERT: LEMON DRIZZLE CAKE WITH CUSTARD (C, E, M)

Tuesday

SOUP: CHUNKY VEGETABLE BROTH (V, GF, CE)
MAIN COURSE: ALL DAY BREAKFAST
 SAUSAGE (SD, C, MU, CE), BACON (SD), HASH BROWN (GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG (E, M), MUSHROOMS
VEGETARIAN MAIN:
ALL DAY BREAKFAST QUORN SAUSAGE (V, GF, E, M,CE), VEGETABLE PATTIE(C, CE, MU), HASH BROWN (GF), TOMATOES, BAKED BEANS, SCRAMBLED EGG(M,E), MUSHROOMS
DELI WRAP: SWEET AND SOUR CHICKEN (H, C, CE)
DESSERT: VANILLA AND STRAWBERRY CUPCAKE (C, M, E, SD)

Wednesday

SOUP: CAULIFLOWER (V, GF, CE)
MAIN COURSE: HOMEMADE STEAK PIE (C, CE, E, M), CHICKEN AND VEGETABLE PIE (H, C, SS, M, E)
VEGETARIAN MAIN: FARMHOUSE VEGETABLE PIE (V, C, M, E)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES, GARDEN PEAS OR BAKED BEANS
DELI WRAP: BBQ PULLED CHICKEN (C, H)
DESSERT: STRAWBERRY JELLY (M)

Thursday

SOUP: TOMATO (V, CE, GF)
MAIN COURSE: MUSTARD ROASTED PORK LOIN WITH ROAST POTATOES, SEASONAL VEGETABLES, GRAVY (CE, GF), SAGE AND ONION STUFFING (C, M, CE)
VEGETARIAN MAIN: LAYERED VEGETABLE ROAST WITH TOMATO SAUCE (V, GF, CE, E)
PASTA(E,C)/NOODLE(E,C)/RICE BAR: BBQ CHICKEN (CE, SD, CE, C, E) PROVENCELE VEGETABLES (GF, V,CE)
DESSERT: COCONUT AND JAM SPONGE WITH CUSTARD (C, E, M)

Friday

SOUP: LEEK AND POTATO (V, C, CE)
CHIP SHOP DAY - MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU), SPICED CHICKEN KEBAB MEAT (H, MU, CE), MINCE AND ONION PIE (CE, C, M,E), CHEESE AND ONION SLICE (V, C, E, MU, M)
MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES, MUSHY PEAS, CURRY SAUCE, GRAVY
DESSERT: FARMHOUSE FRUIT LOAF (M,C, E, SD)

WEEK 3

MONDAY

SOUP: LEEK AND POTATO (V, GF, CE)
MAIN COURSE: GRILLED PORK AND LEEK SAUSAGE WITH MASHED POTATO (M, MU, C, CE, E, SS, SD)
VEGETARIAN MAIN: CURRIED CAULIFLOWER AND TOMATO DAAL WITH BRAISED RICE AND FLAT BREAD (C, CE, S, SS)
DELI WRAP: CHIPOTLE CHICKEN (C, H)
DESSERT: CHERRY FLAPJACK (SD, C, M)

Tuesday

SOUP: VEGETABLE (V, S, CE, GF)
MAIN COURSE: PORK AND BEEF MEATBALLS COOKED IN TOMATO SAUCE WITH PASTA (C, CE, S, SD)
VEGETARIAN MAIN: VEGETABLE SAUSAGE ROLL (C, CE, E, SS, S)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD
PASTA(E,C)/NOODLE(E,C)/RICE BAR: CHICKEN BALTI (H, SS, S), ARRIBIATTA (GF,V,CE)
DESSERT: CHOCOLATE CORNFLAKE CAKE (C, M)

Wednesday

SOUP: POTATO AND SPINACH (CE, GF, V)
MAIN COURSE: CAJUN CHICKEN BURGER (H, GF), 100% BEEF BURGER (C, CE, SD), LAMB AND MINT BURGER (CE, E, GF) IN A FLOUR BAP (C, SS, M)
VEGETARIAN MAIN: QUORN BURGER (V, M, C, CE, E)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU)
DELI WRAP: CHICKEN TIKKA (H, C, SD, SS)
DESSERT: FRUIT FOOL (E, M)

Thursday

SOUP: CHICK PEA AND CORIANDER (V, C, CE)
MAIN COURSE: HONEY BAKED GAMMON (SD) WITH GRAVY (GF, CE)
VEGETARIAN MAIN: CHEESE, ONION & POTATO PIE (V, CE, M)
MAINS SERVED WITH A CHOICE OF: MINTED NEW POTATOES, CAULIFLOWER AND BROCCOLI
PASTA(E,C)/NOODLE(E,C)/RICE BAR: : ITALIAN MEATBALLS (C, CE), TOMATO AND HERB (GF,V,CE)
DESSERT: TOFFEE APPLE SPONGE WITH CUSTARD (C, E, M,)

Friday

SOUP: VEGETABLE (V, GF, CE)
MAIN COURSE: SOUTHERN STYLE CHICKEN GOUJONS (H, M, E, C, MU)
VEGETARIAN MAIN: CHEESE AND ONION PASTY (V, C, E, MU, M)
MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES & PEAS
DESSERT: CHOCOLATE MUFFIN (C, E, M)

ALLERGENS KEY C - CEREALS CONTAINING GLUTEN P – PEANUTS N - NUTS (TREE NUTS IE. ALMONDS, WALNUTS) M – MILK S – SOYA

MU – MUSTARD L – LUPIN E – EGGS F - FISH CR - CRUSTACEANS (PRAWNS) MO - MOLLUSCS (SCALLOPS, MUSSELS) SS - SESAME SEED

CE – CELERY SD - SULPHUR DIOXIDE CUSTOMER INFORMATION V – VEGETARIAN H – HALAL GF – GLUTEN FREE

WEEK 4

Available Everyday

MONDAY

SOUP: SPINACH (V, GF, CE)
MAIN COURSE: CAJUN TURKEY ESCALOPE WITH CRISPY BACON AND RANCH SAUCE (CE, SD) GARLIC AND PAPRIKA POTATOES (V, GF, CE)
VEGETARIAN MAIN: MACARONI AND CHEESE WITH ROASTED TOMATOES, GARLIC BREAD (V, M, E, CE, C)
MAINS SERVED WITH A CHOICE OF: TOSSED SALAD
BAKED CIABATTA: CHICKEN AND BACON MELT (C, SD, SS)
DESSERT: APPLE AND CINNAMON CAKE WITH CUSTARD (E, C, M)

Tuesday

SOUP: WHITE ONION AND THYME (V, GF, CE)
MAIN COURSE: CHICKEN AND SPINACH BALTI (H, CE), TANDOORI CHICKEN (H, CE)
VEGETARIAN MAIN: MUSHROOM JALFREZI (GF, V, CE)
MAINS SERVED WITH A CHOICE OF: PILAU RICE (GF, CE), FLAT BREAD (C, E, M, SS) AND CUCUMBER SALAD **PASTA(E,C)/NOODLE(E,C)/RICE**
BAR: SMOKY PEPPERONI (GF, CE) POMODORO (GF,V,CE)
DESSERT: ORANGE MARMALADE MUFFIN (C, E, M, SD)

Wednesday

SOUP: BUTTERNUT SQUASH (V, GF, CE)
MAIN COURSE: MEAT FEAST PIZZA (M, C, SS, S, SD)
VEGETARIAN MAIN: CHEESE AND TOMATO PIZZA (V, M, C, SS, S)
MAINS SERVED WITH A CHOICE OF: FARMHOUSE FRIES AND HOMEMADE COLESLAW (M, E, MU)
FILLED JACKET: CHICKEN TIKKA (H, CE)
DESSERT: WHITE CHOCOLATE CHEESECAKE (C, M)

Thursday

SOUP: TOMATO AND PEPPER (V, GF, CE)
MAIN COURSE: BEEF & VEGETABLE STEW WITH DUMPLING (C, CE, E, MU)
VEGETARIAN MAIN: VEGETABLE CHILLI ENCHILLADA (V, S, SS, M)
MAINS SERVED WITH A CHOICE OF: POTATO WEDGES (GF), SWEETCORN AND PEPPERS (GF), CHILLI BEANS (CE)
DESSERT: CHERRY & ALMOND CRUMBLE WITH CUSTARD (C, M, N, SD)

FRIDAY

SOUP: MUSHROOM (V, GF, CE)
MAIN COURSE: BATTERED COD FILLET (F, M, E, C, MU)
VEGETARIAN MAIN: SOUTHERN STYLE CRISPY QUORN BITES (V, C, E, CE)
MAINS SERVED WITH A CHOICE OF: WITH FARMHOUSE FRIES & PEAS
DESSERT: OAT AND RAISIN MUFFIN (C, M, E, SD)

JACKET POTATOES WITH VARIOUS FILLINGS

SELECTION OF FRESHLY PREPARED HOT OR COLD DESSERTS

JANUARY					FEBRUARY				
8	9	10	11	12		1	2	3	
15	16	17	18	19	5	6	7	8	9
22	23	24	25	26	12	13	14	15	16
29	30				26	27	28		
WEEK1	WEEK2	WEEK3	WEEK4						
M	T	W	T	F	M	T	W	T	F
MARCH									
			2	3					
6	7	8	9	10					
13	14	15	16	17					
20	21	22	23	24					
27	28	29	30	31					

SPRING MENU

JANUARY - MARCH
2018



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