

Etone College Bistro Menu

January - April 2020

Week 3		
Monday	Main Course	Pork Sausages
	Vegetarian Main	Quorn Sausages
	Served With	Mashed Potatoes, Peas & Gravy
	Deli Wrap or Pasta/Noodle Bar	
	Dessert	Selection of Desserts
Tuesday	Main Course	Chicken Balti (h,mu,ce)
	Vegetarian Main	Vegetable Thai Green Curry (mu,ce)
	Served With	Rice & Flat Bread
	Pasta Bar	Beef & Tomato (gf,ce) Tomato (v,gf,ce)
	Dessert	Selection of Desserts
Wednesday	Main Course	Beef Burger (gl,ss)
	Vegetarian Main	Vegetable Burger (v,ss)
	Served With	Chips & Coleslaw
	Deli Wrap or Pasta/Noodle Bar	
	Dessert	Selection of Desserts
Thursday	Main Course	Roast Gammon
	Vegetarian Main	Cheese & Potato Pie
	Served With	New Potatoes & Seasonal Vegetables
	Paninis	Cheese & Tomato
	Dessert	Selection of Desserts
Friday	Main Course	Chicken Goujons (h,m,e,gl,mu)
	Vegetarian Main	Southern Fried Quorn Bites (v,gl,e,ce)
	Served With	Chips & Peas
	Deli Wrap or Pasta/Noodle Bar	
	Dessert	Selection of Desserts

Week 1	Week 2	Week 3	Week 4
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January 2020							
WK	Mo	Tu	We	Th	Fr	Sa	Su
						4	5
1	6	7	8	9	10	11	12
2	13	14	15	16	17	18	19
3	20	21	22	23	24	25	26
4	27	28	29	30	31		

February 2020							
WK	Mo	Tu	We	Th	Fr	Sa	Su
						1	2
1	3	4	5	6	7	8	9
2	10	11	12	13	14	15	16
						22	23
3	24	25	26	27	28	29	

March 2020							
WK	Mo	Tu	We	Th	Fr	Sa	Su
							1
4	2	3	4	5	6	7	8
1	9	10	11	12	13	14	15
2	16	17	18	19	20	21	22
3	23	24	25	26	27	28	29
4	30	31					

April 2020							
WK	Mo	Tu	We	Th	Fr	Sa	Su
4			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19

P - PEANUTS
N - NUTS (TREE NUTS)
D - DAIRY PRODUCTS
S - SOYA
MU - MUSTARD
L - LUPIN
E - EGGS
F - FISH
GL - GLUTEN
CR - CRUSTACEANS (PRAWNS)
MO - MOLLUSCS (SCALLOPS, MUSSELS)
SS - SESAME SEED
CE - CELERY
SD - SULPHUR DIOXIDE



CE - CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in salt, salads, some meat products, soups and stock cubes.



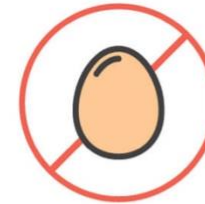
GL - GLUTEN

Wheat, rye, barley and oats is often found in foods containing flour such as some types of baking powder and fried foods which are dusted with flour.



CR - CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



E - EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



F - FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



L - LUPIN

Yes, lupin is a flower, but it's also found in flour! Lupin flower and seeds can be used in some types of bread, pastries and even in pasta.



D - DAIRY

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



MO - MOLLUSCS

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



MU - MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salads dressings, sauces and soups.



N - NUTS

This refers to nuts such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice cream, marzipan, nut oils and sauces.



P - PEANUTS

Peanuts grow underground. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



SS - SESAME SEEDS

These can often be found in bread (sprinkled on burger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.



S - SOYA

Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products sauces and vegetarian products.



SD - SULPHUR DIOXIDE

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.



V - VEGETARIAN



H - HALAL



GF - GLUTEN FREE