

# Etone College Bistro Menu

September – December 2020

## Week 1

Monday	Main Course	Beef Burgers (c,ss)
	Vegetarian Main	Vegetarian Burger (v,d,e,mu,ss)
	Served With	Chips & Coleslaw
	Deli Wrap or Pasta/Noodle Bar	BBQ Chicken (h,s,ss,sd)
	Dessert	Selection of Desserts
Tuesday	Main Course	Chicken Korma (h,mu,c)
	Vegetarian Main	Vegetarian Tikka (v,mu,c)
	Served With	Rice (gf) & Flat Bread (c)
	Pasta Bar	Italian Chicken (h,gf) Tomato & Pepper (v)
	Dessert	Selection of Desserts
Wednesday	Main Course	Pepperoni Pizza (d,c,ss,s,sd)
	Vegetarian Main	Cheese & Tomato Pizza (v,d,c,ss,sd)
	Served With	Chips & Coleslaw
	Dessert	Selection of Desserts
Thursday	Main Course	Beef Bolognese (gf,ce)
	Vegetarian Main	Tomato & Herb (v,gf)
	Served With	Pasta (e,c)
	Deli Wrap	Chicken Tikka (h,gf,ce,n,d)
	Dessert	Selection of Desserts
Friday	Main Course	Chicken Goujons (h,d,e,c,mu)
	Vegetarian Main	Southern Fried Quorn Bites (v,d,e,ce)
	Served With	Chips & Coleslaw
	Panini	Cheese & Tomato Panini (d,v)
	Dessert	Selection of Desserts

Week 1

Week 2

Week 3

Week 4

September 2020							
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## Week 2

<b>Monday</b>	<b>Main Course</b>	Hot Dogs (sd,c,ss)
	<b>Vegetarian Main</b>	Quorn Hot Dogs (v,gf,e,ce,d)
	<b>Served With</b>	Chips & Coleslaw
	<b>Deli Wrap or Pasta/Noodle Bar</b>	BBQ Chicken (h,ce,c)
	<b>Dessert</b>	Selection of Desserts
<b>Tuesday</b>	<b>Main Course</b>	Cajun Chicken in a Tomato Sauce (h,gf,s)
	<b>Vegetarian Main</b>	Macaroni Cheese (v,d,e,gl)
	<b>Served With</b>	Vegetable Rice (v,gf)
	<b>Pasta Bar</b>	Sausage & Tomato (sd,c,mu,ce) Vegetable Bolognese (v)
	<b>Dessert</b>	Selection of Desserts
<b>Wednesday</b>	<b>Main Course</b>	Sausage Roll (gl,s,sd)
	<b>Vegetarian Main</b>	Vegan Sausage Roll (c.v.sd)
	<b>Served With</b>	Chips & Peas
	<b>Grab and go</b>	Steak Slice (gl)
	<b>Dessert</b>	Selection of Desserts
<b>Thursday</b>	<b>Main Course</b>	Lasagne (ce,c,e,d)
	<b>Vegetarian Main</b>	Vegetable Lasagne (v,d,gl)
	<b>Served With</b>	Garlic Bread & Salad (c,d,ss)
	<b>Pasta Bar</b>	Beef & Tomato (gf,ce) Spicy Tomato (v,gf)
	<b>Dessert</b>	Selection of Desserts
<b>Friday</b>	<b>Main Course</b>	Chicken Goujons (h,d,e,c,mu)
	<b>Vegetarian Main</b>	Cheese & Onion Pasty (v,c,d,gl)
	<b>Served With</b>	Chips & Garden Peas
	<b>Deli Wrap</b>	Chilli Chicken (h,gf)
	<b>Dessert</b>	Selection of Desserts

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Week 3		
Monday	Main Course	Fish Finger Bap (f,d,e,mu,c)
	Vegetarian Main	Vegan Sausage Roll (c,v,sd)
	Served With	Chips & Coleslaw
	Deli Wrap	Mexican Chilli Chicken (h)
	Dessert	Selection of Desserts
Tuesday	Main Course	Chicken Tikka (h,gf,ce,d)
	Vegetarian Main	Vegetarian Korma (v,gf,ce,d)
	Served With	Rice (gf) & Flat Bread (c)
	Pasta Bar	Chicken & Peppers (h,gf,sce) Sweet Chilli Vegetables (v,gf)
	Dessert	Selection of Desserts
Wednesday	Main Course	Hot & Spicy Chicken Wings (gf,d,ce,h)
	Vegetarian Main	Quorn Sausages in BBQ Sauce (v,e,s,ce,d)
	Served With	Chips & Sweetcorn
	Dessert	Selection of Desserts
Thursday	Main Course	Pork Sausages (sd,mu,ce,c)
	Vegetarian Main	Quorn Sausages (v,e,ce)
	Served With	Creamy Mash, Peas & Gravy
	Panini	Cheese & Tomato (d,v)
	Dessert	Selection of Desserts
Friday	Main Course	Chicken Goujons (h,e,c,d,mu)
	Vegetarian Main	Quorn Bites (d,v,ce,e)
	Served With	Chips & Coleslaw
	Dessert	Selection of Desserts

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Week 4		
Monday	Main Course	Chicken Burgers (h,e,d,c,mu)
	Vegetarian Main	Vegetarian Burger (v,d,e,mu,ss)
	Served With	Chips & Coleslaw
	Deli Wrap	Thai Chicken (h,d,s)
	Dessert	Selection of Desserts
Tuesday	Main Course	Chicken Balti (h,gf,c,s)
	Vegetarian Main	Vegetable Balti (v,gf,s,)
	Served With	Rice & Flat Bread
	Pasta bar	Italian Mushroom (v,gf) BBQ Chicken (h,s,ss,mu)
	Dessert	Selection of Desserts
Wednesday	Main Course	Battered Cod (f,d,e,d,c,mu)
	Vegetarian Main	Cheese & Onion Pasty (v,d,e,gl,mu)
	Served With	Chips & Mushy Peas
	Deli Wrap	Chicken Balti (h,c,s)
	Dessert	Selection of Desserts
Thursday	Main Course	Meatballs in Tomato Sauce (gl,c,mu,ce,e)
	Vegetarian Main	Macaroni Cheese (v,d,e,gl)
	Served With	Pasta & Garlic Bread (c)
	Panini	Cheese & Red Onion (v,d)
	Dessert	Selection of Desserts
Friday	Main Course	Southern Fried Chicken Goujons (h,d,e,c,mu)
	Vegetarian Main	Southern Fried Quorn (d,v,e,ce)
	Served With	Chips & Peas
	Dessert	Selection of Desserts

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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.



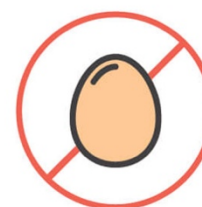
## GL - GLUTEN

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