



# EAST BARNET autumn KITCHEN Warmers

|                | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|----------------|---|---|--|---|--|
|                | <b>'MIX IT UP' MEZZE MONDAYS</b>  | <b>GO NOODLES FOR TUESDAYS</b>  | <b>IT'S A WRAP WEDNESDAY</b>   | <b>CURRY CLUB</b>   | <b>FISHIN' FRIDAYS</b>   |
| <b>MEAT</b>    | <b>CUMBERLAND SAUSAGES</b><br>with mash, caramelised onions, peas & gravy | <b>ROAST DINNER OF THE DAY</b><br>with seasonal veg, roast potatoes & a Yorkshire | <b>BEEF &amp; VEG CASSEROLE</b><br>with seasonal veg & herby baby new potatoes | <b>CHICKEN TIKKA MASALA</b><br>with steamed rice, green beans, naan & chutney | <b>BEEF BURGER</b><br>with chips & garden peas <u>or</u> baked beans           |
| <b>VEGETE</b>  |   | <b>MEDITERRANEAN VEG TART</b><br>with seasonal veg, roast potatoes & a Yorkshire  |  |   |  |
| <b>VEGAN</b>   | <b>ROSEMARY SAUSAGES</b><br>with mash, caramelised onions, peas & gravy   |   | <b>VEGAN CASSEROLE</b><br>with seasonal veg & herby baby new potatoes          | <b>THREE-BEAN CURRY</b><br>with steamed rice, green beans, naan & chutney     | <b>ULTIMATE VEGAN BURGER</b><br>with chips & garden peas <u>or</u> baked beans |
| <b>PASTA</b>   | <b>TOMATO &amp; BASIL v</b>   | <b>NUT-FREE PESTO v</b>   | <b>MAC 'N' CHEESE v</b>  | <b>GNOCCHI BAKE v</b>   |  |
| <b>JACKET</b>  | <b>JACKET POTATO</b><br>tuna mayo <u>or</u> baked beans and cheese v      | <b>JACKET POTATO</b><br>tuna mayo <u>or</u> baked beans and cheese v              | <b>JACKET POTATO</b><br>tuna mayo <u>or</u> baked beans and cheese v           | <b>JACKET POTATO</b><br>tuna mayo <u>or</u> baked beans and cheese v          | <b>JACKET POTATO</b><br>tuna mayo <u>or</u> baked beans and cheese v           |
| <b>SOUP</b>    | <b>SOUP OF THE DAY &amp; ROLL</b>   | <b>SOUP OF THE DAY &amp; ROLL</b>   | <b>SOUP OF THE DAY &amp; ROLL</b>  | <b>SOUP OF THE DAY &amp; ROLL</b>   | <b>SOUP OF THE DAY &amp; ROLL</b>  |
| <b>SALAD</b>   | <b>COMPOSITE SALAD</b><br>chef manager's daily special (v on request)     | <b>COMPOSITE SALAD</b><br>chef manager's daily special (v on request)             | <b>COMPOSITE SALAD</b><br>chef manager's daily special (v on request)          | <b>COMPOSITE SALAD</b><br>chef manager's daily special (v on request)         | <b>COMPOSITE SALAD</b><br>chef manager's daily special (v on request)          |
| <b>DESSERT</b> | <b>ICED SPRINKLE CAKE</b><br>served with custard<br><b>COLD SELECTION</b> | <b>SYRUP FLAPJACKS</b><br>served with custard<br><b>COLD SELECTION</b>            | <b>BAKEWELL TART</b><br>served with custard<br><b>COLD SELECTION</b>           | <b>ROCK CAKES</b><br><b>COLD SELECTION</b>                                    | <b>CHOCOLATE CRISPY CAKE</b><br><b>COLD SELECTION</b>                          |



**ALLERGY? PLEASE SPEAK TO A MEMBER OF THE KITCHEN STAFF**