



# EAST BARNET **KITCHEN** Tastes

	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>ITALIAN BEEF MEATBALLS</b> with tomato & basil sauce, penne pasta & veg	<b>BBQ CHICKEN</b> with potato wedges & a medley of greens	<b>HONEY ROAST HAM</b> with herby diced potatoes & seasonal veg	<b>CHICKEN KORMA</b> with basmati rice, green beans, naan & chutney	<b>CHICKEN NUGGETS</b> with chips & garden peas <u>or</u> baked beans
<b>VEGgie</b>	<b>QUORN MEATBALLS</b> with tomato & basil sauce, penne pasta & veg	<b>AUBERGINE PARMIGIANA BAKE</b> with potato wedges & a medley of greens			
<b>VEGAN</b>			<b>LENTIL &amp; ORZO VEG BAKE</b> with herby diced potatoes & seasonal veg	<b>VEGETABLE CURRY</b> with basmati rice, green beans, naan & chutney	<b>CHIA NUGGETS</b> with chips & garden peas <u>or</u> baked beans
<b>PASTA</b>	<b>TOMATO &amp; MASCAPONE v</b>	<b>NUT-FREE PESTO v</b>	<b>ROASTED VEGETABLE v</b>	<b>ARRABIATTA v</b>	<b>TOMATO &amp; BASIL v</b>
<b>JACKET</b>	<b>JACKET POTATO</b> tuna mayo <u>or</u> baked beans and cheese v	<b>JACKET POTATO</b> tuna mayo <u>or</u> baked beans and cheese v	<b>JACKET POTATO</b> tuna mayo <u>or</u> baked beans and cheese v	<b>JACKET POTATO</b> tuna mayo <u>or</u> baked beans and cheese v	<b>JACKET POTATO</b> 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> chef manager's daily special (v on request)	<b>COMPOSITE SALAD</b> chef manager's daily special (v on request)	<b>COMPOSITE SALAD</b> chef manager's daily special (v on request)	<b>COMPOSITE SALAD</b> chef manager's daily special (v on request)	<b>COMPOSITE SALAD</b> chef manager's daily special (v on request)
<b>DESSERT</b>	<b>FRUIT CRUMBLE</b> served with custard <b>COLD SELECTION</b>	<b>CARROT CAKE</b> with orange frosting <b>COLD SELECTION</b>	<b>CHOCOLATE CAKE</b> with chocolate sauce <b>COLD SELECTION</b>	<b>VANILLA BISCUIT</b> <b>COLD SELECTION</b>	<b>A SELECTION OF COLD DESSERTS</b>



ALLERGY? PLEASE SPEAK TO A MEMBER OF THE KITCHEN STAFF