



# EAST BARNET **KITCHEN** Tastes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	'MIX IT UP' MEZZE MONDAYS	GO NOODLES FOR TUESDAYS	IT'S A WRAP WEDNESDAY	<b>CURRY CLUB</b>	FISHIN' FRIDAYS
<b>MEAT</b>	CHICKEN & BACON CARBONARA with garlic bread & salad	TERIYAKI CHICKEN/ SALMON with veg stir fry noodles or rice & seasonal veg	TRADITIONAL EBS ROAST DINNER with all the trimmings!	CHICKEN TIKKA MASALA with steamed rice, medley of greens, poppadoms & chutney	CHICKEN BURGER with a brioche bun, curly fries & garden peas or baked beans
<b>VEGETE</b>	MUSHROOM RAVIOLI with mascapone sauce, garlic bread & salad	SPRING ROLLS with veg stir fry noodles or rice & seasonal veg	VEGETARIAN TART with all the trimmings!		
<b>VEGAN</b>				ONION BHAJIS with steamed rice, medley of greens, poppadoms & chutney	ULTIMATE VEGAN BURGER with curly fries & garden peas or baked beans
<b>PASTA</b>	MAC 'N' CHEESE v	NUT-FREE PESTO v	PUTTANESCA v	GNOCCHI BAKE v	TOMATO & BASIL v
<b>JACKET</b>	JACKET POTATO tuna mayo or baked beans and cheese v	JACKET POTATO tuna mayo or baked beans and cheese v	JACKET POTATO tuna mayo or baked beans and cheese v	JACKET POTATO tuna mayo or baked beans and cheese v	JACKET POTATO tuna mayo or baked beans and cheese v
<b>SOUP</b>	SOUP OF THE DAY & ROLL	SOUP OF THE DAY & ROLL	SOUP OF THE DAY & ROLL	SOUP OF THE DAY & ROLL	SOUP OF THE DAY & ROLL
<b>SALAD</b>	COMPOSITE SALAD chef manager's daily special (v on request)	COMPOSITE SALAD chef manager's daily special (v on request)	COMPOSITE SALAD chef manager's daily special (v on request)	COMPOSITE SALAD chef manager's daily special (v on request)	COMPOSITE SALAD chef manager's daily special (v on request)
<b>DESSERT</b>	TOFFEE APPLE CAKE served with custard COLD SELECTION	CHOCOLATE CRUNCH with chocolate sauce COLD SELECTION	LEMON DRIZZLE CAKE served with custard COLD SELECTION	A SELECTION OF MUFFINS	A SELECTION OF COLD DESSERTS



ALLERGY? PLEASE SPEAK TO A MEMBER OF THE KITCHEN STAFF