



EAST BARNET **KITCHEN** Tastes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	'MIX IT UP' MEZZE MONDAYS	GO NOODLES FOR TUESDAYS	IT'S A WRAP WEDNESDAY	CURRY CLUB	FISHIN' FRIDAYS
MEAT	ITALIAN SAUSAGE RIGATONI garlic ciabatta & salad	CAJUN CHICKEN with savoury rice & side salad	HOMEMADE BEEF HOTPOT roasted rosemary new potatoes & seasonal veg	CHICKEN KATSU CURRY with steamed rice & a medley of greens	PORK SAUSAGES with chips & garden peas or <u>baked</u> beans
VEGgie					VEGETARIAN SAUSAGES with chips & garden peas or <u>baked</u> beans
VEGAN	TUSCAN RIGATONI with garlic ciabatta & salad	VEGETABLE FRITTATA with a side salad	HOMEMADE VEGAN HOTPOT roasted rosemary new potatoes & seasonal veg	VEGETABLE SAMOSAS with steamed rice & a medley of greens	
PASTA	CAPONATA v	NUT-FREE PESTO v	THREE-CHEESE PASTA BAKE v	RATATOUILLE v	TOMATO & BASIL v
JACKET	JACKET POTATO tuna mayo <u>or</u> baked beans and cheese v	JACKET POTATO tuna mayo <u>or</u> baked beans and cheese v	JACKET POTATO tuna mayo <u>or</u> baked beans and cheese v	JACKET POTATO tuna mayo <u>or</u> baked beans and cheese v	JACKET POTATO tuna mayo <u>or</u> baked beans and cheese v
SOUP	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
SALAD	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)
DESSERT	VANILLA CAKE served with toffee sauce COLD SELECTION	SEASONAL FRUIT PIE served with custard COLD SELECTION	ICED SPRINKLE CAKE served with custard COLD SELECTION	JAFFA CAKE served with custard COLD SELECTION	A SELECTION OF COLD DESSERTS



ALLERGY? PLEASE SPEAK TO A MEMBER OF THE KITCHEN STAFF