



EAST BARNET **autumn** KITCHEN *Warmers*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	'MIX IT UP' MEZZE MONDAYS	GO NOODLES FOR TUESDAYS	IT'S A WRAP WEDNESDAY	CURRY CLUB	FISHIN' FRIDAYS
MEAT	PENNE BEEF BOLOGNESE with seasonal greens & garlic ciabatta bread	CHICKEN & MUSHROOM PIE with mash, garden peas, baby carrots & gravy	CHICKEN ESCALOPE with seasonal veg & herby potatoes	CHICKEN JALFREZI with steamed rice, sweetcorn & naan bread	CHICKEN NUGGETS with chunky chips, garden peas <u>or</u> baked beans
VEGETE	SPINACH & RICOTTA RAVIOLI with seasonal greens & garlic ciabatta bread				
VEGAN		MUSHROOM PIE with mash, garden peas, baby carrots & gravy	VEGETABLE ESCALOPE with seasonal veg & herby potatoes	MANGALORE MALABAR with steamed rice, sweetcorn & naan bread	VEGAN CHIA NUGGETS with chunky chips, garden peas <u>or</u> baked beans
PASTA	TOMATO & BASIL v	NUT-FREE PESTO v	MAC 'N' CHEESE v	GNOCCHI BAKE 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	SPICED TREACLE CAKE served with custard COLD SELECTION	APPLE CRUMBLE served with custard COLD SELECTION	ST. CLEMENT'S CAKE served with custard COLD SELECTION	MELTING MOMENTS COLD SELECTION	CHOCOLATE CHIP MUFFINS COLD SELECTION



ALLERGY? PLEASE SPEAK TO A MEMBER OF THE KITCHEN STAFF