



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	CLASSIC BEEF LASAGNE with seasonal greens & garlic ciabatta bread	THAI SWEET CHILLI CHICKEN/PORK RIBS with rice <u>or</u> stir fry veg noodles & prawn crackers	JERK CHICKEN with mango yoghurt, spicy wedges & coleslaw	CHICKEN KORMA with basmati rice, veg, naan & mango chutney	CHICKEN FILLET BURGER in a brioche bun with curly fries, peas <u>or</u> beans
VEGETE	ROASTED VEG LASAGNE with seasonal greens & garlic ciabatta bread	VEGETABLE SPRING ROLLS with rice <u>or</u> stir fry veg noodles & prawn crackers	LOADED PEPPERS with tomato salsa dip, spicy wedges & coleslaw	ONION BHAJIS with basmati rice, veg, naan & mango chutney	
VEGAN				MANGALORE MALABAR with steamed rice, sweetcorn & naan bread	FALAFEL BURGER in a brioche bun with curly fries, peas <u>or</u> beans
PASTA	NUT-FREE PESTO v	MAC 'N' CHEESE v	TOMATO & ROAST VEG v	TOMATO & BASIL v	
JACKET POTATO	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	CHERRY CRUMBLE TART served with custard COLD SELECTION	LEMON & SULTANA CAKE served with custard COLD SELECTION	PLUM & CINNAMON PIE served with custard COLD SELECTION	PEAR & VANILLA CAKE served with toffee sauce COLD SELECTION	MARBLE CAKE with chocolate sauce COLD SELECTION



ALLERGY? PLEASE SPEAK TO A MEMBER OF THE KITCHEN STAFF