



EAST BARNET Summer KITCHEN

Fest

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	'MIX IT UP' MEZZE MONDAYS	GO NOODLES FOR TUESDAYS	IT'S A WRAP WEDNESDAY	CURRY CLUB	FISHIN' FRIDAYS
MEAT	BEEF LASAGNE with garlic ciabatta & seasonal veg	CHINESE PORK BELLY RIBS & CHICKEN with stir fry veg noodles <u>or</u> rice & medley of greens	BEEF TACOS & DIPS with pico de gallo, savory rice & mixed salad	CHICKEN BALTI with pilau rice, raita dip, sweetcorn & poppadoms	QUARTERPOUNDER BURGER on sesame bun with chips & garden peas <u>or</u> baked beans
VEGETE	ROAST VEG LASAGNE with garlic ciabatta & seasonal veg		VEGETABLE TACOS with pico de gallo, savory rice & mixed salad		VEG BURGER halloumi & avocado burger, chips & garden peas <u>or</u> baked beans
VEGAN		CHINESE KUNG PAO TOFU with stir fry veg noodles <u>or</u> rice & medley of greens		VEGAN CURRY sweet potato & spinach curry with pilau rice, sweetcorn & poppadoms	VEGAN BURGER with chips & garden peas <u>or</u> baked beans
PASTA	PENNE POMODORO v	PUTTANESCA v	NUT-FREE PESTO v	MAC 'N' CHEESE 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
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	MARBLE CAKE served with a chocolate sauce COLD SELECTION	FRUIT CRUMBLE seasonal fruit crumble with custard COLD SELECTION	LEMON BAKWELL lemon bakewell tart & custard COLD SELECTION	ASSORTED MUFFINS COLD SELECTION	A SELECTION OF COLD DESSERTS