



EAST BARNET Summer KITCHEN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	'MIX IT UP' MEZZE MONDAYS	GO NOODLES FOR TUESDAYS	IT'S A WRAP WEDNESDAY	CURRY CLUB	FISHIN' FRIDAYS
MEAT	BOLOGNESE BAKE with garlic bread & salad	LEMON & HERB CHICKEN with sweet potato wedges and vegetables	BEEF OR CHICKEN FAJITAS with dips & Mexican rice	CHICKEN KATSU CURRY with steamed rice & green veg	CHICKEN NUGGETS with chips, garden peas or baked beans
VEGETE	SWEET POTATO & SPINACH FRITTATA with garlic bread & salad	STUFFED POTATO SKINS with salad		VEGETARIAN KATSU CURRY with steamed rice & green veg	VEGETARIAN NUGGETS with chips, garden peas or baked beans
VEGAN			QUORN FAJITAS with dips & Mexican rice		
PASTA	MAC 'N' CHEESE v	NUT-FREE PESTO v	CARBONARA v	CAPONATA v	TOMATO & BASIL v
JACKET	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
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	FRUIT FLAPJACKS served with custard COLD SELECTION	AMERICAN PANCAKES with choc sauce or maple syrup COLD SELECTION	PINEAPPLE UPSIDE DOWN CAKE COLD SELECTION	LEMON SHORTBREAD BISCUITS COLD SELECTION	A SELECTION OF COLD DESSERTS