WEEK 3

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 or stir fry veg noodles & prawn crackers	BEEF BURRITOS with dips & coleslaw	CHICKEN KORMA with basmati rice, veg, naan & mango chutney	HOT DOG with fries, garden peas or baked beans
VEGGIE	ROASTED VEG LASAGNE with seasonal greens & garlic ciabatta bread	VEGETABLE SPRING ROLLS with rice or 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					FALAFEL BURGER in a brioche bun with fries, peas or beans
PASTA	NUT-FREE PESTO v	MAC 'N' CHEESE v	MACARONI BAKE v	TOMATO & BASIL v	PASTA OF THE DAY 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
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 DRIZZLE CAKE served with custard COLD SELECTION	SEASONAL FRUIT PIE with custard or cream COLD SELECTION	VANILLA CAKE served with toffee sauce COLD SELECTION	ASSORTED COLD DESSERTS

available every day

ALLERGY? PLEASE SPEAK TO A MEMBER OF THE KITCHEN STAFF