



# EAST BARNET Summer KITCHEN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	'MIX IT UP' MEZZE MONDAYS	GO NOODLES FOR TUESDAYS	IT'S A WRAP WEDNESDAY	<b>CURRY CLUB</b>	FISHIN' FRIDAYS
<b>MEAT</b>	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
<b>VEGgie</b>	SWEET POTATO & SPINACH FRITTATA with garlic bread & salad	VEGETABLE PAELLA with salad		VEGETARIAN KATSU CURRY with steamed rice & green veg	VEGETARIAN NUGGETS with chips, garden peas or baked beans
<b>VEGAN</b>			QUORN FAJITAS with dips & Mexican rice		
<b>PASTA</b>	MAC 'N' CHEESE v	NUT-FREE PESTO v	CARBONARA v	MUSHROOM & MASCAPONE BAKE v	TOMATO & BASIL v
<b>JACKET</b>	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
<b>SALAD</b>	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)
<b>DESSERT</b>	FRUIT FLAPJACKS served with custard  COLD SELECTION	AMERICAN PANCAKES with choc sauce or maple syrup  COLD SELECTION	LIME & COCONUT CAKE  COLD SELECTION	LEMON SHORTBREAD BISCUITS  COLD SELECTION	A SELECTION OF COLD DESSERTS