

# Canteen Week 3 Menu

	The Main Event	Grab and Go	Herbivore	Pud
MONDAY	SPAGHETTI CARBONARA parmesan cheese and garlic bread	CHICKEN BURGER served in a floured bun	SPINACH AND RICOTTA CHEESE CANNELLONI	CARROT CAKE, with citrus frosting
TUESDAY	CHICKEN BREAST served in a tomato sauce with courgette, peppers and basil with spiced diced potatoes	JUMBO HOT DOG in a soft roll with caramelised onions	LEEK AND ASPARAGUS TART, creamy mash and spring greens	PANCAKES served with warmed peaches in syrup
WEDNESDAY	ROAST LOIN OF PORK, roast potatoes and vegetables with Yorkshire pudding	SPICY BEEF TACOS cheddar cheese and salad	HOMEMADE VEGETABLE QUICHE	CHOCOLATE SPONGE WITH CHOCOLATE SAUCE
THURSDAY	LAMB ROGAN JOSH basmati rice and naan bread	BEEF BURGER prime british beef served with a crisp salad in a floured bap	POTATO AND LENTIL DANSAK basmati rice and naan	LEMON MERINGUE TART
FRIDAY	BATTERED FISH AND CHIPS, Peas or beans	MEATBALL RICE BOX classic meatballs cooked down in a tomato sauce	VEGETABALL RICE BOX Quorn balls cooked in our own tomato sauce served with rice	BANANA TART TARTAN
EVERY DAY	FILLED JACKET POTATOES	FRESHLY MADE SANDWICHES AND BAGUETTES	FRESH COOKED PASTA WITH A CHOICE OF HOMEMADE SAUCES	HELP YOURSELF SALAD BAR