

Week 1

THE F.G. MANCHESTER
REFECTORY
 ELIZABETH COLLEGE



Weeks commencing 4 Sept, 2 Oct, 6 Nov, 4 Dec	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & Basil	Leek & Potato	Minestrone	Cream of Vegetable	Chicken Noodle
Main Course	Chicken Curry with Rice, Naan Bread, Lime Pickle & Mango Chutney	Spaghetti Bolognese with Garlic Bread & Salad	Roast Chicken with Roast Potatoes, Broccoli, Carrots & Peas	Oriental Chicken & Vegetable Stir Fry with Noodles	Battered Cod with Chips & Peas
Vegetarian Option	Tomato & Vegetable Pasta Bake	Herb Crêpes filled with Sauté Vegetables & Salad	Roasted Pepper & Spinach Quiche	Spaghetti Neopolitan with Garlic Bread & Salad	Homemade Cheese & Tomato Pizza
Salad	Chicken Caesar	Roast Beef with Horseradish Cream	Tuna Pasta	Avocado & Bacon	Mozzarella, Bacon, Basil & Pasta Salad
Jacket Potato	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding	Ice Lolly	Eve’s Pudding	Chocolate Mousse	Pain au Chocolate with Ice Cream	Eton Mess

‘GRAB and GO’ & SANDWICHES

Every day we will offer packed lunches (£3.10) made up as follows: A choice of either a sandwich/wrap plus a piece of fruit; homemade biscuit; fruit snack bar; and either apple/orange juice or water. Our sandwiches/wraps are produced on site daily.

Special dietary requirements can be catered for with prior notice.

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Week 2

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Weeks commencing 11 Sept, 9 Oct, 13 Nov, 11 Dec	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Pepper	Spiced Parsnip	Roasted Tomato	Cauliflower & Cream Cheese	Sweet Potato & Chilli
Main Course	Lasagne with Garlic Bread & Salad	Hot Dog with Various Fillings served with Curly Fries & Coleslaw	Roast Beef, Yorkshire Pudding, Potatoes, Cauliflower Cheese, Beans, Carrots & Peas	Chicken Enchiladas with Salsa, Sour Cream & Guacamole	Chicken Burger served with Chips & Salad
Vegetarian Option	Roast Vegetable Crumble with Salad & Garlic Bread	Oriental Stir-Fried Vegetables with Fried Noodles	Spiced Vegetable Wraps with Cheese, Salsa, Guacamole & Salad	Macaroni Cheese with Spring Onions, Garlic Bread & Salad	Vegetarian Burgers with Cheese, Relish, Chips, Onion Rings & Salad
Salad	Chicken & Bacon	Tuna & Sweetcorn	Cajun Chicken Salad	Sticky Sesame & Hoi Sin Beef Salad	Smoked Salmon & Lemon
Jacket Potato	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding	Lemon Sponge with Jam	Banoffee Pie	Raspberry Mousse	Fruit Trifle	Treacle Sponge Pudding with Ice Cream

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Week 3

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Weeks commencing 18 Sept, 16 Oct, 20 Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chicken & Chorizo	Butternut Squash	Mushroom	Tomato	Carrot & Coriander
Main Course	Chilli Con Carne	Ham or Chorizo Pizza with Curly Fries & Coleslaw	Roast Turkey & Stuffing with Potatoes, Roasted Parsnips, Carrots & Peas	Cottage Pie with Roasted Vegetables & Peas	Southern Fried Chicken with Chips & Salad
Vegetarian Option	Vegetable Carbonara with Garlic Bread & Salad	Vegetable Chilli with Rice & Tortillas	Three Cheese & Onion Quiche	Vegetable Lasagne with Garlic Bread & Salad	Tomato, Mozzarella & Basil Slice with Salad
Salad	Bacon & Egg Salad	Tuna Pasta Salad	Thai Chicken Noodle Salad	Prawn Salad	Chicken & Sweetcorn Salad
Jacket Potato	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding	Chocolate Sponge with Chocolate Sauce	Jelly & Ice Cream	Cheesecake	Apple Crumble with Ice Cream	Rice Pudding

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Week 4

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Weeks commencing 25 Sept, 30 Oct, 27 Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chicken & Sweetcorn	Vegetable & Noodle Tom Yum	Spiced Tomato	Red Lentil	Theme Day
Main Course	Beef Burger with Onion Rings, Chips & Salad	Hunters' Chicken Wedges with Peas & Sweetcorn	Honey Roast Gammon, Roast Potatoes, Root Vegetable Purée, Beans & Peas	Spaghetti & Meat Balls with Tomato Sauce	Theme Day
Vegetarian Option	Cheese & Tomato Omelette	Vegetable Curry & Rice	Mushroom & Pepper Risotto	Vegetable Stroganoff & Rice	Theme Day
Salad	Parma Ham, Mozzarella & Roast Pepper	Ham & Chicken Pasta Salad	Pastrami Salad	Roasted Vegetable Cous Cous	Theme Day
Jacket Potato	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding	Pineapple Upside Down Cake with Ice Cream	Chocolate Brownie	Toffee Apple Sponge Cake & Custard	Ice Cream & Butterscotch Sauce	Theme Day

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