

Week 1

THE F.G. MANCHESTER
REFECTORY
 ELIZABETH COLLEGE



Weeks commencing 15 Jan, 12 Feb, 19 Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & Basil	Leek & Potato	Minestrone	Mexican Bean	Mulligatawny
Main Course	Spaghetti Bolognese with Garlic Bread & Salad, including Vegetables	Homemade Pepperoni or Ham Pizza with New Potatoes, Sweetcorn, Salad & Coleslaw	Roast Chicken with Stuffing, Roast Potatoes, Broccoli, Carrots & Peas	BBQ Pulled Pork Baguette with New Potatoes & Vegetables	Homemade Chicken Burger with Chips, Salad, Coleslaw & Corn-on-the-Cob
Vegetarian Option	Chickpea & Roasted Vegetable Curry with Rice	Vegetable Moussaka	Herb Crêpes filled with Sautéed Vegetables	Mushroom & Pepper Risotto	Vegetable & Bean Burger
Salad	Chicken Caesar	Roast Beef	Tuna Pasta	Chicken & Avocado	Cheese Ploughman's
Jacket Potato	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding	Peach & Apricot Crumble	Eve's Pudding	Chocolate Mousse	Pain au Chocolate & Butter Pudding 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.

We use fresh local produce in the creation of our menu. On occasions, due to unavailability, items on the menu may change.

This new menu has included a particular focus on adding ingredients to the soups, vegetarian and salad choices to make them even healthier.

Week 2

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Weeks commencing 22 Jan, 26 Feb, 26 Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chicken & Sweetcorn	Vegetable Tom Yum	Cream of Tomato	Egyptian Red Lentil	Carrot & Coriander
Main Course	Chilli Con Carne with Rice & Tortillas, including Vegetables	Hot Dogs with Curly Fries, Onions, Chilli, Sweetcorn, Salad & Coleslaw	Roast Beef, Yorkshire Pudding, Potatoes, Cauliflower Cheese, Beans, Carrots & Peas	Sweet & Sour Chicken with Egg & Vegetable Fried Rice	Battered Cod with Chips & Peas
Vegetarian Option	Roast Vegetable & Bean Crumble with Salad	Spiced Vegetable Wraps with Cheese, Guacamole & Salsa	Lentil & Aubergine Bolognese	Vegetable Lasagne with Garlic Bread & Salad	Homemade Mozzarella & Tomato Pizza
Salad	Smoked Turkey & Cranberry Sauce	Thai Chicken Noodle	Prawn Marie-Rose	Greek Salad (Feta, Olives & Sunblushed Tomatoes)	Pastrami
Jacket Potato	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding	Lemon Sponge with Jam Sauce	Chocolate & Banana Brownie with Ice Cream	Raspberry Mousse	Fresh Fruit Jelly & Ice Cream	Pear & Chocolate Pudding with Chocolate Sauce

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Week 3

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Week commencing 1 Jan, 29 Jan, 5 Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Tomato	Curried Butternut	Roasted Pepper	Spinach & White Bean	Orzo & Vegetable
Main Course	Chicken Curry with Rice Poppadum, Lime Pickle & Mango Chutney, including Vegetables	Beef Burger with Onion Rings, Chips, Sweetcorn & Peas	Roast Turkey & Stuffing with Potatoes, Roasted Parsnips, Carrots & Peas	Spaghetti & Meatballs with a Tomato Sauce, including Vegetables	Southern Fried Chicken with Chips & Homemade BBQ Beans, Salad & Coleslaw
Vegetarian Option	Macaroni Cheese with Garlic Bread, including Vegetables	Vegetable Chilli with Rice & Tortillas	Koshari – an Egyptian Dish of Rice, Lentils and Noodles with a Tomato Sauce	Tofu & Stir Fried Vegetables with Fried Noodles	Halloumi & Vegetable Skewers served with Savoury Rice & Tomato Sauce
Salad	Tuna Niçoise	Parma Ham, Mozzarella & Roast Pepper	Cajun Chicken	Roasted Vegetable Cous Cous	Smoked Salmon
Jacket Potato	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding	Chocolate Sponge with Chocolate Sauce	Banoffee Pie	Apple Crumble with Custard	Cheesecake	Chocolate Brownie with Ice Cream

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Week 4

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Weeks commencing 8 Jan, 5 Feb, 12 Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chicken & Chorizo	Tomato	Courgette & Pepper	French Onion	Theme Day
Main Course	Lasagne with Garlic Bread & Salad, including Vegetables	Hunters' Chicken with Wedges, Peas & Sweetcorn	Honey Roast Gammon, Roast Potatoes, Root Vegetable Purée, Beans & Peas	Chicken Enchiladas with Salsa, Sour Cream & Guacamole served with New Potatoes & Sweetcorn	Theme Day
Vegetarian Option	Tomato, Basil & Mozzarella Slice with Salad	Vegetable Carbonara with Garlic Bread & Salad	Cheese & Tomato Omelette	Chickpea & Vegetable Stroganoff with Rice	Theme Day
Salad	Chinese Chicken & Noodle	Mozzarella, Bacon & Basil Pasta	Sticky Sesame & Hoi Sin Beef	Tuna & Sweetcorn	Theme Day
Jacket Potato	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding	Rice Pudding & Jam	Chocolate Brownie	Peach Cobbler with Cream	Ice Cream with Chocolate Sauce	Theme Day

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