

Week 1

THE F.G. MANCHESTER  
**REFECTORY**  
 ELIZABETH COLLEGE



| Weeks commencing<br>3 Sept, 1 Oct,<br>5 Nov, 3 Dec | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|---|--|---|---|---|
| <b>Soup</b>  | Tomato & Basil  | Leek & Potato  | Minestrone  | Mexican Bean  | Mulligatawny  |
| <b>Main Course</b>                                 | 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 |
| <b>Vegetarian Option</b>                           | Chickpea & Roasted Vegetable Curry with Rice                        | Vegetable Moussaka   | Herb Crêpes filled with Sautéed Vegetables                            | Mushroom & Pepper Risotto                               | Vegetable & Bean Burger   |
| <b>Salad</b>                                       | Chicken Caesar  | Roast Beef   | Tuna Pasta  | Chicken & Avocado                                       | Cheese Ploughman's  |
| <b>Jacket Potato</b>                               | Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna     |  |   |   |   |
| <b>Pudding</b>                                     | 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<br>10 Sept, 8 Oct,<br>12 Nov, 10 Dec | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|---|--|--|--|---|
| <b>Soup</b>   | Chicken & Sweetcorn   | Vegetable Tom Yum  | Cream of Tomato  | Egyptian Red Lentil                                  | Carrot & Coriander                            |
| <b>Main Course</b>                                    | 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                |
| <b>Vegetarian Option</b>                              | 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            |
| <b>Salad</b>  | Smoked Turkey & Cranberry Sauce                                 | Thai Chicken Noodle  | Prawn Marie-Rose   | Greek Salad (Feta, Olives & Sunblushed Tomatoes)     | Pastrami                                      |
| <b>Jacket Potato</b>                                  | Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna |  |  |  |   |
| <b>Pudding</b>  | 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 commencing<br>17 Sept, 15 Oct,<br>19 Nov, 17 Dec | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|---|--|
| <b>Soup</b>   | Roasted Tomato  | Curried Butternut                                     | Roasted Pepper  | Spinach & White Bean  | Orzo & Vegetable   |
| <b>Main Course</b>                                    | 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 |
| <b>Vegetarian Option</b>                              | 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     |
| <b>Salad</b>  | Tuna Niçoise  | Parma Ham, Mozzarella & Roast Pepper                  | Cajun Chicken   | Roasted Vegetable Cous Cous                                     | Smoked Salmon  |
| <b>Jacket Potato</b>                                  | Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna                     |   |   |   |  |
| <b>Pudding</b>  | 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<br>24 Sept, 22 Oct, 26 Nov | Monday  | Tuesday  | Wednesday  | Thursday   | Friday    |
|---|---|--|--|--|-----------|
| <b>Soup</b>                                 | Chicken & Chorizo   | Tomato   | Courgette & Pepper   | French Onion   | Theme Day |
| <b>Main Course</b>                          | 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 |
| <b>Vegetarian Option</b>                    | Tomato, Basil & Mozzarella Slice with Salad                     | Vegetable Carbonara with Garlic Bread & Salad  | Cheese & Tomato Omelette   | Chickpea & Vegetable Stroganoff with Rice  | Theme Day |
| <b>Salad</b>                                | Chinese Chicken & Noodle  | Mozzarella, Bacon & Basil Pasta                | Sticky Sesame & Hoi Sin Beef   | Tuna & Sweetcorn   | Theme Day |
| <b>Jacket Potato</b>                        | Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna |  |  |  |           |
| <b>Pudding</b>                              | Rice Pudding & Jam  | Chocolate Brownie                              | Peach Cobbler with Cream   | Ice Cream with Chocolate Sauce   | Theme Day |

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