

Week 1

THE F.G. MANCHESTER
REFECTORY
 ELIZABETH COLLEGE



Week commencing 22 June	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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 ELIZABETH COLLEGE



Week commencing 29 June	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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