

Week 1

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



Weeks commencing 5 Sept, 3 Oct, 7 Nov, 5 Dec	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Tomato & Basil	Cream of Vegetable	Minestrone	Mexican Bean	Thai Green Vegetable
<b>Main Course</b>	Spaghetti Bolognese with Garlic Bread & Salad	Homemade Pizza with New Potatoes, Sweetcorn, Salad & Coleslaw	Roast Chicken with Stuffing, Roast Potatoes, Carrots, Parsnips & Peas	Vietnamese Caramelised Pork with Rice and Asian Coleslaw	Homemade Chicken Burger with Chips, Salad, Coleslaw & Corn-on-the-Cob
<b>Vegetarian Option</b>	Chickpea & Roasted Vegetable Curry	Vegetable Moussaka	Vegetable Wraps filled with Sautéed Vegetables	Butternut & Roasted Pepper Risotto	Vegetable & Bean Burger
<b>Salad</b>	Greek Salad	Thai Chicken & Noodle	Prawn Marie Rose	Tuna Nicoise	Italian Chicken Pasta Salad
<b>Warm Baguette</b>	Cajun Chicken	Steak & Onion	Bacon, Brie & Cranberry	Southern Fried Chicken	Sausage & Cheese
<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	Fruit Jelly & Ice Cream

**‘GRAB and GO’ & SANDWICHES**

Every day we will offer packed lunches (£3.50) 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 12 Sept, 10 Oct, 14 Nov, 12 Dec	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Chicken & Sweetcorn	Vegetable Tom Yum	Cream of Tomato	Egyptian Red Lentil	Mushroom
<b>Main Course</b>	Chilli Con Carne with Rice & Tortillas	Hot Dogs with Curly Fries, Onions, Chilli, Sweetcorn, Salad & Coleslaw	Chicken Pad Thai	Stir-Fried Beef & Vegetables with Egg Fried Rice	Battered Cod with Chips & Peas
<b>Vegetarian Option</b>	Roast Vegetable & Bean Crumble	Spiced Vegetable Wraps with Cheese, Guacamole & Salsa	Vegetable Lasagne with Garlic Bread & Salad	Spinach, Cheese & Mushroom Omelette	Homemade Mozzarella & Tomato Pizza
<b>Salad</b>	Chinese Chicken Noodle Salad	Mexican Rice, Black Bean & Corn Salad	Roasted Pepper, Tomato & Mozzarella Pasta Salad	Mediterranean Chickpea & Feta Salad	Tuna & Avocado Salad
<b>Warm Baguette</b>	Breakfast Baguette (Bacon, Sausage & Fried Egg)	Chicken & Stuffing	Bacon & Cheese	Roast Beef	BBQ Pulled Pork
<b>Jacket Potato</b>	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
<b>Pudding</b>	Lemon Sponge with Jam Sauce	Warm Chocolate Brownie	White Chocolate & Raspberry Mousse	Warm Chocolate Sponge with Chocolate Sauce	Banoffee Pie

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Week 3

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Week commencing 19 Sept, 17 Oct, 21 Nov	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Roasted Pepper	Cauliflower & Cream Cheese	Curried Butternut	Roasted Tomato	French Onion
<b>Main Course</b>	Chicken Curry with Rice, Poppadum, Lime Pickle & Chutney	Forest Stores Burger with Chips, Salad & Coleslaw	Roast Beef, Yorkshire Pudding, Potatoes, Cauliflower Cheese, Beans, Carrots & Peas	Pork Meat Balls with a Tomato Sauce & Pasta	Southern Fried Chicken with BBQ Beans, Chips, Salad & Coleslaw
<b>Vegetarian Option</b>	Macaroni Cheese with Garlic Bread	Vegetable Chilli & Rice	Lentil & Aubergine Bolognese	Tofu & Stir Fried Vegetables with Fried Noodles	Halloumi & Vegetable Skewers with Savoury Rice & Tomato Sauce
<b>Salad</b>	Chicken Caesar	Ham, Cheese & Coleslaw	Tuna Pasta	Chicken & Avocado	Cheese Ploughman's
<b>Warm Baguette</b>	Cajun Chicken	Steak & Onion	Bacon, Brie & Cranberry	Southern Fried Chicken	Sausage & Cheese
<b>Jacket Potato</b>	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
<b>Pudding</b>	Rice Pudding with Jam	Fruit Pavlova	Cinnamon & Apple Chimichangas	Ice Cream with Chocolate Sauce	Apple & Blackberry Crumble

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# Week 4

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Weeks commencing 26 Sept, 31 Oct, 28 Nov	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Chicken & Chorizo	Tomato	Hot & Sour Soup	Cullen Skink	Theme Day
<b>Main Course</b>	Lasagne with Garlic Bread & Salad	Hunters' Chicken with Wedges & Peas	Sausage & Mash with Roasted Root Vegetables & Gravy	Chicken Enchiladas with Sour Cream, Salsa & Guacamole, New Potatoes & Sweetcorn	Theme Day
<b>Vegetarian Option</b>	Koshari	Chickpea & Vegetable Stroganoff with Rice	Vegetable Pasta Bake with Garlic Bread	Roasted Vegetable & Lentil Pie with New Potatoes & Sweetcorn	Theme Day
<b>Salad</b>	Cajun Chicken	Roasted Vegetable Cous Cous	Sticky Hoi Sin & Sesame Beef	Smoked Salmon & Avocado Salad	Theme Day
<b>Warm Baguette</b>	Breakfast Baguette (Bacon, Sausage & Fried Egg)	Chicken & Stuffing	Bacon & Cheese	Roast Beef	BBQ Pulled Pork
<b>Jacket Potato</b>	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
<b>Pudding</b>	Apple Crumble	Cheesecake	Warm Chocolate Brownie	Cherry Cobbler	Theme Day

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