

Week 1

THE F.G. MANCHESTER REFECTORY ELIZABETH COLLEGE



Weeks commencing 2 Jan, 30 Jan, 27 Feb, 27 Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek & Potato	Tomato & Basil	Carrot & Coriander	Thai Yellow Vegetable	Roasted Pepper
Main Course	Spaghetti Bolognese with Garlic Bread & Salad	Homemade Pizza with Roasted New Potatoes, Peas & Sweetcorn	Roasted Loin of Pork with Roast Potatoes, Carrots, Parsnips & Green Beans	Battered Sweet & Sour Chicken with Egg Fried Rice	Forest Stores Burger with Chips, Salad & Coleslaw
Vegetarian Option	Thai Butternut & Vegetable Curry with Rice	Vegetable, Rice & Bean Buritto with Roasted New Potatoes, Peas & Sweetcorn	Cheese & Tomato Omelette with Vegetables	Tomato, Lentil & Aubergine Bolognese with Pasta	Homemade Vegetable & Chickpea Burger with Chips, Salad & Coleslaw
Salad	Tuna Pasta Salad	Thai Chicken Noodle	Prawn Marie Rose	Greek Salad	Sesame & Vegetable Rice Noodle Salad
Warm Baguette	Cajun Chicken	Steak & Onion	Meatball Sub	Southern Fried Chicken	Bacon & Cheese
Jacket Potato	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding	Apple & Cherry Crumble	Pain au Chocolate & Butter Pudding	Lemon & Lime Cheesecake	Apple & Pear Cobbler	Chocolate Mousse

'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 9 Jan, 6 Feb, 6 Mar, 3 Apr	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chicken, Barley & Vegetable	French Onion	Cream of Tomato	Pea & Ham	Thai Coconut
Main Course	Chilli Con Carne with Rice & Tortillas	Hot Dog with Curly Fries, Sweetcorn & Salad	Mexican Chicken & Rice Buritto with New Potatoes & Black Bean Salad	Cottage Pie with Roasted Root Vegetables	Battered Cod with Chips & Peas
Vegetarian Option	Vegetable Moussaka	Vegetable & Bean Fajitas with Curly Fries, Sweetcorn & Salad	Vegetable, Lentil & Chickpea Stew	Mushroom Risotto	Homemade Tomato & Mozzarella Pizza
Salad	Pesto Pasta Salad	Mediterranean Chickpea Salad	Smoked Salmon & Avocado with a New Potato & Spinach Salad	Roasted Cherry Tomato, Courgette & Bulgur Wheat Salad	Sesame, Kale & Chickpea Salad with a Carrot & Ginger Dressing
Warm Baguette	Chicken & Stuffing	Philly Cheese Steak	Chicken Nugget	Roast Beef	Pulled Pork
Jacket Potato	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding	Warm Chocolate Brownie	Banoffee Pie	Warm Chocolate Sponge with Chocolate Sauce	Apricot Crumble with Custard	Apple & Cinnamon Chimichangas

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Week 3

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Week commencing 16 Jan, 13 Feb, 13 Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Cauliflower & Cream Cheese	Chicken & Sweetcorn	Curried Butternut	Roasted Tomato	Sweet Potato
Main Course	Chicken Curry with Rice & Poppadums	Sausage & Mash with Roasted Vegetables & Gravy	Roast Beef, Yorkshire Pudding, Roast Potatoes, Cauliflower Cheese, Beans, Carrots & Peas	Pork Meat Balls with Pasta & Tomato Sauce	Southern Fried Chicken Wings with Homemade Baked Beans & Fries
Vegetarian Option	Truffle Mac & Cheese with Garlic Bread	Vegetable & Bean Chilli with Rice	Vegetable & Bean Wrap	Roasted Vegetable Paella	Southern Fried Halloumi with Homemade Baked Beans & Fries
Salad	Roasted Butternut Squash with Couscous & a Tahini Dressing	Chicken Noodle	Chicken Caesar Salad	Tuna Niçoise	Cheese Ploughman's
Warm Baguette	Cajun Chicken	Steak & Onion	Meatball Sub	Southern Fried Chicken	Bacon & Cheese
Jacket Potato	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding	Apple Crumble	Cheesecake	Ice Cream with Chocolate Sauce	Warm Chocolate Brownie	Peach Cobbler

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Week 4

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Weeks commencing 23 Jan, 20 Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chicken & Chorizo	Egyptian Red Lentil	Barley & Vegetable	Celeriac & Apple	Theme Day
Main Course	Homemade Lasagne with Garlic Bread & Salad	Homemade Chicken Burger with Chips & Corn-on-the-Cob	BBQ Ribs with Macaroni Cheese & Salad	Beef Fajitas with New Potatoes & Sweetcorn	Theme Day
Vegetarian Option	Spinach & Vegetable Frittata	Vegetable Lasagne with Chips & Corn-on-the-Cob	Sweet Potato & Chickpea Curry with Rice	Mushroom, Cheese & Broccoli Pasta Bake	Theme Day
Salad	Sticky Beef & Noodle Salad	Tabbouleh Salad with Houmous & Pitta Bread	Crunchy Vegetable & Quinoa Salad	Antipasta Chickpea Salad	Theme Day
Warm Baguette	Chicken & Stuffing	Philly Cheese Steak	Chicken Nugget	Roast Beef	Pulled Pork
Jacket Potato	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding	Apricot & Cinnamon Chimichangas	Apple & Blackberry Crumble	Chocolate Brownie With Ice Cream	Butterscotch Sponge with Cream	Theme Day

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