Week 1

THE F.G. MANCHESTER
REFECTORY
ELIZABETH COLLEGE

Weeks commencing 7 Sept, 5 Oct, 2 Nov, 30 Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Soup (£3.00)	Leek & Potato	Tomato & Basil	Carrot & Coriander	Thai Yellow Vegetable	Roasted Pepper
Main Course (£4.50)	Spaghetti Bolognese with Garlic Bread & Salad	Homemade Pizza with Roasted New Potatoes, Peas & Sweetcorn	¼ Roasted Chicken with Roast Potatoes, Carrots, Parsnips, Green Beans & Stuffing	Pork Souvlaki with Mediterranean Rice, Naan & Mediterranean Salad	Forest Stores Burger with Chips, Salad & Coleslaw
Vegetarian Option (£4.50)	Thai Butternut & Vegetable Curry with Rice	Vegetable, Rice & Bean Buritto with Roasted New Potatoes, Peas & Sweetcorn	Cheese & Tomato Omelette with Vegetables	Tomato, Lentil & Aubergine Bolognaise with Pasta	Homemade Vegetable & Chickpea Burger with Chips, Salad & Coleslaw
Salad (£4.50)	Tuna Pasta Salad	Thai Chicken Noodle	Prawn Marie Rose	Greek Salad	Sesame & Vegetable Rice Noodle Salad
Warm Baguette (£3.50)	Cajun Chicken	Steak & Onion	Meatball Sub	Southern Fried Chicken	Bacon & Cheese
Jacket Potato (£3.50)	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding (£1.50)	Apple & Cherry Crumble	Pain au Chocolate & Butter Pudding	Salted Caramel Cheesecake	Lime Jelly with Vanilla Ice-Cream	Chocolate Mousse

'GRAB and GO' & SANDWICHES

Every day we will offer packed lunches (£4.00) 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

THE F.G. MANCHESTER
REFECTORY
ELIZABETH COLLEGE

Weeks commencing 14 Sept, 12 Oct, 9 Nov, 7 Dec	Monday	Tuesday	Wednesday	Thursday	Friday
Soup (£3.00)	Chicken, Barley & Vegetable	French Onion	Cream of Tomato	Pea & Ham	Thai Coconut
Main Course (£4.50)	Chilli Con Carne with Rice & Tortillas	Sausage & Mash with Gravy & Roasted Root Vegetables	Mexican Chicken & Rice Buritto with New Potatoes & Black Bean Salad	Cottage Pie with Roasted Root Vegetables	Battered Cod with Chips & Peas
Vegetarian Option (£4.50)	Vegetable Moussaka	Vegetable & Bean Fajitas with Curly Fries, Sweetcorn & Salad	Vegetable, Lentil & Chickpea Stew	Mushroom Risotto	Homemade Tomato & Mozzarella Pizza
Salad (£4.50)	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 (£3.50)	Chicken & Stuffing	Philly Cheese Steak	Chicken Nugget	Roast Beef	Pulled Pork
Jacket Potato (£3.50)	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding (£1.50)	Warm Chocolate Brownie	Banoffee Pie	Warm Chocolate Sponge with Chocolate Sauce	Apricot Crumble with Custard	Apple & Cinnamon Chimichangas

'GRAB and GO' & SANDWICHES

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Week 3

THE F.G. MANCHESTER
REFECTORY
ELIZABETH COLLEGE

Week commencing 21 Sept, 19 Oct, 16 Nov, 14 Dec	Monday	Tuesday	Wednesday	Thursday	Friday
Soup (£3.00)	Cauliflower & Cream Cheese	Chicken & Sweetcorn	Curried Butternut	Roasted Tomato	Sweet Potato
Main Course (£4.50)	Chicken Curry with Rice & Poppadums	Hot Dog with Curly Fries & Sweetcorn	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 (£4.50)	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 (£4.50)	Roasted Butternut Squash with Couscous & a Tahini Dressing	Chicken Noodle	Chicken Caesar Salad	Tuna Niçoise	Cheese Ploughman's
Warm Baguette (£3.50)	Cajun Chicken	Steak & Onion	Meatball Sub	Southern Fried Chicken	Bacon & Cheese
Jacket Potato (£3.50)	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding (£1.50)	Apple Crumble	Cheesecake	Ice Cream with Chocolate Sauce	Warm Chocolate Brownie	Peach Cobbler

'GRAB and GO' & SANDWICHES

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Week 4

THE F.G. MANCHESTER
REFECTORY
ELIZABETH COLLEGE

Weeks commencing 28 Sept, 23 Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Soup (£3.00)	Chicken & Chorizo	Egyptian Red Lentil	Barley & Vegetable	Celeriac & Apple	Theme Day
Main Course (£4.50)	Homemade Lasagne with Garlic Bread & Salad	Homemade Chicken Burger with Chips & Corn-on-the-Cob	Beef Fajitas with New Potatoes & Sweetcorn	Hunter's Chicken with Roasted New Potatoes & Peas	Theme Day
Vegetarian Option (£4.50)	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 (£4.50)	Sticky Beef & Noodle Salad	Tabbouleh Salad with Houmous & Pitta Bread	Crunchy Vegetable & Quinoa Salad	Antipasta Chickpea Salad	Theme Day
Warm Baguette (£3.50)	Chicken & Stuffing	Philly Cheese Steak	Chicken Nugget	Roast Beef	Pulled Pork
Jacket Potato (£3.50)	Various fillings to include Cheese, Baked Beans, Coleslaw, Tuna				
Pudding (£1.50)	Apricot & Cinnamon Chimichangas	Apple & Blackberry Crumble	Chocolate Brownie With Ice Cream	Butterscotch Sponge with Cream	Theme Day

'GRAB and GO' & SANDWICHES

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