

CONTINGENCY - Autumn Menu

Week One

NOVEMBER 2020



Primary Menu Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Beef Bolognese Sauce	Garlic & Thyme Roasted Chicken Legs with a Chasseur Style Sauce on the side	Fried Haddock in Matzo Crumb or Poached Salmon with Dill Mayonnaise Tomato Ketchup	Chicken Curry	Baked Beef Burger Tomato ketchup
Vegetarian Main Course	Roasted Vegetable & Sweet Potato Bake (V)	Homemade carrot & coriander falafel & mint Soy yoghurt dip & Wholemeal Pita (V)	Lentil & Mushroom Moussaka(V)	Vegan Vegetable Pasty(V)	Ratatouille Potato Hot Pot (V)
Sides	Garlic Bread Spaghetti Cauliflower Florets	Cous Cous Israeli Salad	Chips Peas and Sweetcorn	Steamed Brown Rice & Plain Steamed Rice Thyme Roasted Carrots Broccoli Florets	Hash Browns Baked Beans Homemade Coleslaw
Food Bar	• Whole meal Pasta Bar • Salad Bar with a variety of different vegetables and crudité's • Jacket Potato Bar • Sandwiches with a selection of fillings: tuna mayonnaise, egg mayonnaise, Roast Turkey Slice, Chicken Mayo				
Dessert	Fruit salad Fresh Fruit	Chocolate mousse Fresh Fruit	Apple, Cinnamon & Raisin Flapjack Fresh Fruit	Orange Wedges Fresh Fruit	Classic Shortbread Biscuits Fresh Fruit
Available Daily Whole meal and white bread Products available daily					

Allergen information is available. Please request it from the catering staff.

Some items of the menu are subject to change.



Primary Menu Week Two	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Sweet & Sour Chicken	Salt Beef with Pickled Cucumber	Fried Haddock in Matzo Crumb Tomato Ketchup	Chicken Goujons Homemade	Baked Beef Burger with Lettuce & Tomato Tomato ketchup
Vegetarian Main Course	Summer Vegetable & Vegetarian Strip Pot Pie (V)	Mediterranean vegetable lasagne (V)	Spinach & Potato Pakoras (V)	Bean & Vegetable Goulash (V)	Roasted Vegetable & Pesto Pasta (V)
Sides	Steamed Brown Rice & Plain Steamed Rice Broccoli Florets Cauliflower Florets	Jacket Potato Wedges Sliced Carrots Sautéed Courgettes	Chips Baked Beans Garden Peas	Herby baked mini potatoes Sliced Green Beans Carrot Tzimmes	Wholemeal Bun Sweetcorn
Food Bar	<ul style="list-style-type: none"> • Whole meal Pasta Bar • Salad Bar with a variety of different vegetables and crudités • Jacket Potato Bar • Sandwiches with a selection of fillings: tuna mayonnaise, egg mayonnaise, Roast Turkey Slice, Chicken Mayo 				
Dessert	Fruit Jelly Fresh Fruit	Chocolate Sponge with Pareve Pouring Cream Fresh Fruit	Apple & Cinnamon Crumble with Soya Custard Fresh Fruit	Orange Wedges Fresh Fruit	Lemon Sponge with Soya Custard
Available Daily Whole meal and white bread Products available daily					

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