

Emmanuel College Cafeteria Menu: Cycle Week 5

A selection of vegetables, salads, potatoes, fresh fruit, and cold desserts is always available.

LUNCH

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Leek Soup ****	Soup of the Day ****	Fish Chowder ****	Celery Soup ****	Sweetcorn Soup ****	Mexican Bean Soup ****	Country Vegetable Soup ****
Beef Stroganoff	Southern Fried Chicken	Roast of the Day	Lasagne	Sausage Lyonnaise	Sweet & Sour Pork	Roast of the Day
Salmon en Croûte	Catch of the Day	Grilled Trout Fillets with Cucumber	Catch of the Day	Battered Haddock	Chef's Choice	Chef's Choice
Greek Vegetable Casserole with Rice ****	Red Dragon Pie ****	Vegetable Fritters ****	Ravioli with Pesto ****	Baked Beef Tomatoes ****	Egg Noodle Oriental ****	Vegetable Spring Roll ****
Chocolate Fudge Cake with Cream	Baked Rice Pudding with Plum Compote	Steamed Treacle Sponge Pudding with Custard	Warm Cherry Pie with Butterscotch and Almond Sauce	Caramelised Glacé Fruit Bread and Butter Pudding with Cream	Tosca Apples with Custard	Assorted Danish Pastries

DINNER

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Grilled Lamb Steak	Chicken Burritos	Duck Leg Forestière	Barbecue Spare Ribs	Escalope Cordon Bleu	Lamb Rojan Josh	Roast Chicken
Charcoal Fish Steak	Seafood & Pasta Bake	Pizza	Fish Pie	Smoked Haddock with Welsh Rarebit	Fish Cakes	Salmon with Cinnamon Butter
Stir-fried Rice with Vegetables & Beans ****	Pasta a la Romana ****	Vegetable & Cheese Kiev ****	Vegetable Paella ****	Potato & Coconut Curry ****	Naan Bread with Spicy Vegetables ****	Jacket Emmanuel ****
Traditional English Trifle	Pear & Ginger Tart	Assorted Doughnuts	Banana and Maple Pancakes with Cream	Orange Curd Steamed Pudding with Chocolate Sauce	Pineapple Upside-Down Pudding with Cream	Fruit Streusel with Custard

ALL MENUS SUBJECT TO CHANGE