

WEEK TWO

LUNCH



BROOKE HOUSE COLLEGE
ENGLAND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (Fryday)
<p>Main Course LASAGNE AL FORNA Beef & tomato ragu, layered lasagne, bechamel sauce, topped with gratinated cheese CHEF'S SPECIAL OF THE DAY</p>	<p>Main Course LAMB NAVARIN (GF) Diced shoulder of lamb slow cooked with root vegetables & apricots scented with thyme jus CHEF'S SPECIAL OF THE DAY</p>	<p>Main Course PORK VALENTINE (GF) Loin of pork cooked with apple sauce, glazed with smoked cheese CHEF'S SPECIAL OF THE DAY</p>	<p>Main Course CHICKEN STROGANOFF (GF) Chicken supreme cooked in a mushroom, red pepper & paprika cream sauce CHEF'S SPECIAL OF THE DAY</p>	<p>Main Course DILL AND LIME BATTERED COD GOUJONS Battered cod strips scented with dill & lime CHEF'S SPECIAL OF THE DAY</p>
<p>Lighter Choice PENNE ALLA CARBONARA Chicken & pancetta cooked in a garlic and Italian herb cream sauce with pasta</p>	<p>Lighter Choice BAKED QUICHE LORRAINE Bacon lardons with mushrooms baked in a savoury egg custard</p>	<p>Lighter Choice MEDITERRANEAN CHICKEN TRAY BAKE (GF) Chicken thighs cooked with potatoes, red onions, cherry tom</p>	<p>Lighter Choice SOUTHERN FRIED CHICKEN BURGERS With salsa, slaw served in a Brioche Bun</p>	<p>Lighter Choice BATTERED CHICKEN CHUNKS Cubed chicken fillets with a light batter & a hint of Cajun Spice</p>
<p>Vegetarian Option RATATOUILLE (GF)(V) Roast aubergine, pepper, onions & courgettes in a tomato Provençale sauce</p>	<p>Vegetarian Option MAC"N"CHEESE (V) Macaroni, cooked in a mature cheddar & Italian cream sauce</p>	<p>Vegetarian Option AUBERGINE FARCIE (GF)(V) Baked & stuffed with savoury rice, tomato and oregano coulis</p>	<p>Vegetarian Option SPICY CHILLI (GF)(V) Quorn mince cooked in a tomato chilli sauce with kidney bean</p>	<p>Vegetarian Option COCONUT AND CHICKPEA CURRY (GF)(V) Chickpeas cooked with tomatoes, chilli & garam masala</p>
<p>Oven Baked Jacket Potatoes (GF) Served with a selection of toppings coronation chicken/grated cheese (v) /tuna /beans (v)</p>	<p>Oven Baked Jacket Potatoes (GF) Served with a selection of toppings coronation chicken/grated cheese (v)/tuna /beans (v)</p>	<p>Oven Baked Jacket Potatoes (GF) Served with a selection of toppings coronation chicken/grated cheese (v) /tuna /beans (v)</p>	<p>Oven Baked Jacket Potatoes (GF) Served with a selection of toppings coronation chicken/grated cheese (v)/tuna /beans (v)</p>	<p>Oven Baked Jacket Potatoes (GF) Served with a selection of toppings coronation chicken/ grated cheese(v)/tuna /beans(v)</p>
<p>Vegetables (GF) Diced herbed potatoes Rough cut carrots and garden peas Broccoli Savoury rice</p>	<p>Vegetables (GF) Buttered new potatoes Roasted root vegetables Minted Garden Peas Chef's rice dish</p>	<p>Vegetables (GF) Thyme scented potato puree Honey roast parsnips Sauteed courgettes in garlic Chef's rice dish</p>	<p>Vegetables (GF) Buttered penne pasta Mediterranean vegetable tray bake Chef's rice dish</p>	<p>Vegetables (GF) Chipped potatoes Peas Baked beans Chef's rice dish</p>
<p>Chef's Soup of the Day (GF)(V) Served with freshly baked baguette</p>	<p>Chef's Soup of the Day (GF)(V) Served with freshly baked baguette</p>	<p>Chef's Soup of the Day (GF)(V) Served with freshly baked baguette</p>	<p>Chef's Soup of the Day (GF)(V) Served with freshly baked baguette</p>	<p>Chef's Soup of the Day (GF)(V) Served with freshly baked baguette</p>
<p>Salad Bar (GF) A selection of mixed salads with Cheese(v)/Tuna/Mackerel/and Meats</p>	<p>Salad Bar (GF) A selection of mixed salads with Cheese(v)/Tuna/Mackerel/and Meats</p>	<p>Salad Bar (GF) A selection of mixed salads with Cheese(v)/Tuna/Mackerel/and Meats</p>	<p>Salad Bar (GF) A selection of mixed salads with Cheese(v)/Tuna/Mackerel/and Meats</p>	<p>Salad Bar (GF) A selection of mixed salads with Cheese(v)/Tuna/Mackerel/and Meats</p>
<p>Variety of Fruits /Yoghurts</p>	<p>Variety of Fruits /Yoghurts</p>	<p>Variety of Fruits /Yoghurts</p>	<p>Variety of Fruits /Yoghurts</p>	<p>Variety of Fruits /Yoghurts</p>

(V) = Vegetarian (GF) Gluten Free

The Chicken and Lamb dishes are created with certified Halal meat.

If you have any dietary requirements, questions or suggestions, please ask to speak to Lee or a member of the kitchen team.