

# St Michaels College Lunch Menu Week Two

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lamb spinach and lentil tagine  Chicken Dopiazza	Chefs Jombalia  Beef and sweet potato bake	Baked pork chop  Southern fried chicken Leg	Rump Steak  Garlic mushroom  Onion rings	Battered cod fillet  Chicken and mushroom pie	Chicken and egg fried rice  Pork in black bean sauce	Full English breakfast
Vegetable tikka Pie  Spinach pakora	Grilled vegetable haloumi kebabs	Red onion marmalade and brie quiche	Vegetable moussaka	Vegetable pastie	Vegetable and cheese wrap	Quorn Sausage
Bombay potatoes  Tomato and mint cous cous	Steamed potatoes  Onion gravy	Jacket potatoes  wholegrain mustard sauce  Vegetable cake	Roast Potatoes  Wild mushroom sauce	Chips, mushy peas and curry sauce	Sweet chilli and chive noodles	
Pasta bar	Rice bar	Soup bar	Macaroni cheese	Noodle bar	Salad bar	Salad bar
Cherry Sponge	Choc - ice	Apple and blackberry crumble	Sweet treats	Cheese cake	Fresh fruit salad and biscuits	Orange and lemon cake

**All main course meals will be served with a selection of fresh vegetables.  
A wide range of salads are prepared daily.  
Fresh fruit and natural yoghurt also available.**