



# ST LAWRENCE COLLEGE

## LUNCH MENU



### WEEK 1

### WEEK 2

### WEEK 3

#### MONDAY

Soup of the Day  
Leek and Smokey Bacon Bake  
Roasted Vegetable Toad in the Hole  
Minted New Potatoes  
Jacket Potatoes  
Broccoli Florets  
Carrot Rondelles  
Dutch Apple Pie and Custard  
Cheese and Biscuits  
Selection of Cold Sweets

#### MONDAY

Soup of The Day  
Thai Green Chicken Curry  
Goan Vegetable Curry with Coconut and Lime  
Mushroom Rice  
Roasted New Potatoes with Mixed Peppers  
Sauteed Green Beans with Tomatoes  
Stir Fried Vegetables  
Bakewell Tart with Cream  
Freshly Sliced Fruit  
Selection of Cold Sweets

#### MONDAY

Soup of the Day  
Mexican Chilli Beef with Handmade Tortilla Chips  
Quorn Vegetable Stir Fry  
Savoury Rice  
Boiled New Potatoes  
Jacket Potatoes  
Garden Peas and Sweetcorn  
Lemon Sponge & Citrus Sauce  
Cheese and Biscuits  
Selection of Cold Sweets

#### TUESDAY

Soup of The Day  
Moroccan Inspired Tagine of Lamb  
Vegetable Samosas with a Mint Cucumber & Yoghurt Dressing  
Spicy Cous Cous and Wedged Potatoes  
Jacket Potatoes  
Cauliflower  
Garden Peas  
Syrup Sponge and Custard  
Freshly Sliced Fruit  
Selection of Cold Sweets

#### TUESDAY

Soup of The Day  
Beef Lasagne with Garlic Bread  
Spinach and Mushroom Filo Bundles  
Spicy Wedges  
Jacket Potatoes  
Corn on the Cob  
Minted Garden Peas  
Apple Strudel and Custard  
Freshly Sliced Fruit  
Selection of Cold Sweets

#### TUESDAY

Soup of The Day  
Devon Chicken Pie  
Cheesy Pasta Bake  
Creamed Potatoes  
Jacket Potatoes  
Broccoli Florets  
Roasted Carrot Batons  
Deep Filled Jam and Coconut Tart  
Freshly Sliced Fruit  
Selection of Cold Sweets

#### WEDNESDAY

Soup of The Day  
Breast of Turkey with Sweet Paprika served with Cranberry Sauce and Gravy  
Veggie Shepherds Pie with Sweet Potato Mash  
Crispy Roast Potatoes  
Puree of Swede  
Savoy Cabbage  
Jam and Coconut Sponge with Custard  
Cheese and Biscuits  
Selection of Cold Sweets

#### WEDNESDAY

Soup of The Day  
Roast Loin of Pork served with Apple Sauce  
Squash & Rosemary Pasta Bakes with Herby Cheese Topping  
Crispy Thyme Roasted Potatoes  
Jacket Potatoes  
Roasted Root Vegetables  
Sliced Carrots  
Lattice Topped Peach Pie  
Cheese and Biscuits  
Selection of Cold Sweets

#### WEDNESDAY

Soup of The Day  
Roasted Topside of the Beef and Yorkshire Pudding  
Fennel and Lemon Risotto  
Crispy Roast Potatoes  
Jacket Potatoes  
Braised Red Cabbage  
Roasted Root Vegetables  
Marble Cake with Vanilla Custard  
Cheese and Biscuits  
Selection of Cold Sweets

#### THURSDAY

Soup of The Day  
Pan Fried Pork Chops with a Creamy Mushroom Sauce  
Vegetable Spaghetti Bolognese  
Parsley Potatoes  
Jacket Potatoes  
Roasted Carrots  
Sauteed White Cabbage  
Lancaster Lemon and Almond Tart  
Cheese and Biscuits  
Selection of Cold Sweets

#### THURSDAY

Soup of The Day  
Beef Stew and Herb Dumplings  
Vegebangers with Onion Gravy  
Creamed Potatoes  
Jacket Potatoes  
Honey Roasted Parsnips  
Saute of Leeks  
Rhubarb Crumble and Custard  
Freshly Sliced Fruit  
Selection of Cold Sweets

#### THURSDAY

**THEMED DAY**  
**MENUS INSPIRED FROM AROUND THE WORLD**

**SEE BOARD FOR MORE DETAILS**

#### FRIDAY

Soup of The Day  
Crisp Battered Fillet of Haddock with Tartare Sauce  
Cannelloni Verdi  
French Fries  
Jacket Potatoes  
Baked Beans  
Garden Peas  
Jam Roly Poly and Custard  
Cheese and Biscuits  
Selection of Cold Sweets

#### FRIDAY

Soup of The Day  
Crisp Battered Fillet of Cod with Tartare Sauce  
Mushroom Ravioli  
French Fries  
Jacket Potatoes  
Baked Beans  
Mushy Peas  
Rice Pudding with Selection of Toppings  
Cheese and Biscuits  
Selection of Cold Sweets

#### FRIDAY

Soup of The Day  
Crisp Battered Fillet of Haddock with Tartare Sauce  
Potato, cheese and Spinach Tart  
French Fries  
Jacket Potatoes  
Baked Beans  
Garden Peas  
Pear Strudel  
Cheese and Biscuits  
Selection of Cold Sweets

#### SATURDAY

Soup of the Day  
Sweet & Sour Chicken with Lemon Rice  
Vegetarian Spring Rolls with Curry Sauce  
Honey and Spiced Potatoes  
Jacket Potatoes  
Stir Fried Vegetables and Bean Sprouts  
Curried Cauliflower with Toasted Almonds  
Sticky Ginger Sponge and Custard  
Freshly Sliced Fruit  
Selection of Cold Sweets

#### SATURDAY

Soup of the Day  
Cuban Chicken Fricassee  
Cannelloni Verdi  
Herb Roasted New Potatoes  
Jacket Potatoes  
Cabbage Poriyal  
Sweetcorn and Peppers  
Eves Pudding  
Freshly Sliced Fruit  
Selection of Cold Sweets

#### SATURDAY

Soup of the Day  
Inside-Out Chicken Kiev  
Tuna Pasta Bake  
Boiled New Potatoes  
Jacket Potatoes  
Minted Peas  
Corn on the Cob  
Spotted Dick and Custard  
Freshly Sliced Fruit  
Selection of Cold Sweets

#### SUNDAY

Soup of The Day  
Honey Roast Gammon  
Roasted Vegetarian Platt  
Thyme Roasted Potatoes  
Jacket Potatoes  
Battened Carrots  
Braised Red Cabbage  
Pear Tart  
Freshly Sliced Fruit  
Selection of Cold Sweets

#### SUNDAY

Soup of The Day  
Roast Chicken Legs with Lemon and Thyme  
Baked Mushroom and Herb Crumble  
Crispy Roasted Potatoes  
Jacket Potatoes  
Sticky Carrots  
Broccoli Cheese  
Juicy Red Cherry Tart  
Freshly Sliced Fruit  
Selection of Cold Sweets

#### SUNDAY

Soup of The Day  
Roast Leg of Lamb studded with Garlic  
Roasted Mediterranean Vegetable Puffs  
Rosemary and Garlic Roasted Potatoes  
Jacket Potatoes  
Cauliflower Cheese  
Mashed Carrot and Swede  
Pineapple Upside Down Cake and Custard  
Freshly Sliced Fruit  
Selection of Cold Sweets