

ST LAWRENCE
COLLEGE

LUNCH



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Pea and Mint	Leek & potato	Classic tomato	Roasted red pepper	Carrot & Coriander	Tomato Soup
MAIN COURSE ONE	Keralan Chicken Curry Naan bread	Sausage Casserole	Roast Turkey Sage stuffing	Pollo Piquante	Freshly battered fish with tartare sauce	Mexican beef taco with spring onions, chilli & beans
MAIN COURSE TWO	Balinese coconut and chickpea curry	Vegan shepherds pie with sweet potato topping	Mac 'n' cheese	Veggie pasta	Cheesy seasonal vegetable crumble	Veggie Chilli
ON THE SIDE	Steamed rice Green Beans Spiced cauliflower	Mash potato Steamed peas Savoy cabbage	Roast potatoes Steamed broccoli Carrots	Garlic Bread Sweetcorn Green beans	Chips Peas Baked beans	Chefs salad Garlic bread slice Baked wedges
PASTA & JACKETS	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces
DESSERT	Brownie	Sprinkle Cake	Pineapple upside down cake	Fruit Cobbler	Eves Pudding and Cream	Doughnut selection
EVERYDAY	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots
CUT FRUIT	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day



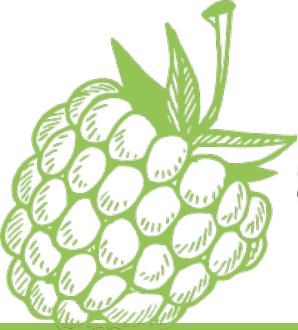


ST LAWRENCE
COLLEGE

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Spiced sweet potato	Roasted red pepper	Carrot & coriander	Classic tomato	Mushroom	Tomato
MAIN COURSE ONE	Slow roasted Hickory chicken thighs	Beef and Onion Pie	Roast Gammon with all the trimmings	Pasta Bolognaise	Freshly battered fish with tartare sauce	Sweet and Sour Chicken
MAIN COURSE TWO	Sticky tofu & aubergine with a BBQ drizzle	Homity pie	Roasted Squash and Pesto mac and cheese	Penne Arrabiatta	Vegan sweetcorn, chilli & spring onion fritters with coconut yoghurt	Sweet And Sour Veggies
ON THE SIDE	Paprika wedges BBQ beans & creamy slaw Broccoli	Mashed Potato Peas Braised Red Cabbage	Roast potatoes Carrots Cauliflower cheese	Garlic bread Broccoli Sweetcorn	Skinny fries Peas Baked beans	Prawn Cracker Braised Rice Spring Rolls
PASTA & JACKET BAR	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces
DESSERT	Apple and Blackberry Pie	Caramel Sponge and Custard	Carrot Cake	Seeded fruit flapjack	Mississippi Mud Pie	Yum Yums
EVERYDAY	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots
CUT FRUIT	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day





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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Carrot & coriander	Roasted red pepper	Classic tomato	Pea & courgette	Red lentil	Tomato
MAIN COURSE ONE	Lasagne	Ham and mustard Pie	Roast pork with all the trimmings	Chicken Tikka Masala	Freshly battered fish with tartare sauce	Chicken Stroganoff
MAIN COURSE TWO	Vegetable Lasagne	Vegetable and Feta Tagine Filo pie	Macaroni Cheese with cherry tomatoes	Chickpea, lentil & Spinach Curry	Cauliflower & chickpea steak with herby crumb	Mushroom Stroganoff
ON THE SIDE	Peas Broccoli Garlic Bread	Mashed potato Carrots Green Beans	Roast potatoes Cabbage Sweetcorn	Steamed rice Onion Bhajis Green beans	Chips Peas Baked beans	Rice Cauliflower Sweetcorn
PASTA & JACKETS	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces	Baked jackets Steamed Pasta A selection of sauces
DESSERT	Jam and Coconut Sponge	Lemon Drizzle	Apple Crumble and Custard	Blondie	Chocolate and banana Cake	Giant cookies
EVERYDAY	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots	Yoghurt pots & Vegetarian Jelly Pots
CUT FRUIT	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day



ST LAWRENCE
COLLEGE

SUPPER


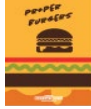

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Gourmet sourdough pizza night Selection of handmade pizzas with a variety of vegetarian & meat toppings.	Turkey Hoi sin Stir-fry noodles with prawn crackers	Ji – Asian Flavours Char Sui Chicken or coconut crusted chicken sesame crusted tofu with coriander & mint	Beef Stroganoff	Slow cooked Caribbean spiced chicken	The “Brunch” Prime beef patty, bacon pieces, hash brown, brown sauce & American cheese The “Corn & Chick” Sweetcorn & chickpea pattie, sriracha vegan mayonnaise, kale & apple slaw, wild rocket	Pork Souvlaki
MAIN COURSE TWO		Tempeh noodles with spring onions coriander & prawn crackers	Steamed Bao buns Sticky thai jasmine rice Noodles – your choice! Udon, Ramen, Soba, Vermicelli, Flat stick Shredded vegetable slaw with lime, chilli & ginger Stir fry pack choi & water chestnuts with soy & black garlic Thai watermelon salad with cucumber ribbons, radish & mint Miso roasted broccoli & stems Sweet chilli sauce Thai honey sticky sauce Japanese teriyaki sauce	Mushroom Stroganoff	Sweet potato and black bean curry with coriander	The Bun: Brioche style roll The Sides: Parmesan crusted French fries Smokey Boston BBQ beans Sautéed mushrooms, spinach & sweet red onions	Halloumi & vegetable bake
ON THE SIDE	Mediterranean Salad Tomato and basil salad	Sweet chilli sauce Roasted broccoli & soy sauce		Rice Spiced Cauliflower Peas	Rice & peas Mango salsa Cajun wedges	 Flatbreads Slaw Sweetcorn Roasted baby new potatoes Houmous Tzatziki Chopped salad	
DESSERT	Lemon Meringue pots	Chocolate cake with chocolate sauce	St Lawrence mess	Waffle Bar Toffee sauce & berry compote	Cinnamon Rolls	Sticky toffee pudding with crème fraiche	

SELECTION OF FRESH WHOLE FRUIT, CUT FRUITS, YOGHURT & TOPPINGS



ST LAWRENCE
COLLEGE

SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	"Mac n cheese" bar with a choice of toppings	Curry Wurst's night!! Grilled bratwurst in crispy baguette with curry ketchup		Turkey fajitas vegetables, sour cream & guacamole	'Curry Night' A selection of Curries	The "Tikka" Crispy fired tikka marinated chicken, shredded romaine lettuce, pickled carrot & cucumber, mango chutney & riata	Sticky pork bao buns
MAIN COURSE TWO	Creamy smoked salmon sauce Caramelised bacon sauce Roasted vegetable	Vegan dog in crispy baguette with curry ketchup	Dukkah breaded chicken with basil pistou Chilli baked fish with tahini, parsley & lemon Pea, Za'tar & lemon fritters Bulgar wheat with tomato, aubergine & lemon yoghurt Roast carrots with harissa & pumpkin seeds Baked beets & red onion with preserved lemon & dill Spiced roast cauliflower with cumin, chilli & lime	Vegan meatball bake with beans, tomato & basil	Saag Aloo Naan Bread Poppadam	The "Tofunky" Crispy marinated tofu steak, Asian slaw, katsu sauce & shredded spring onions The Bun: Floured bap The Sides: Bombay spiced chunky chips Tomato, red onion & coriander salad Garlic fried seasonal greens	Sticky jackfruit bao buns
ON THE SIDE	Chunky coleslaw Crisp cos lettuce Steamed broccoli Parmesan	Seasoned wedged potatoes Caramelised onions Corn on the cobs BBQ beans		Baked wedges Crispy cabbage Green beans	Bombay potato Bhaji Rice	 Noodles Asian slaw Selection of dipping sauces	
DESSERT	Victoria Sponge	Chocolate Mousse Pots	Banoffee Pie	Croissant bread and butter pudding	Coffee Cake	Chocolate Cornflake cake	

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SUPPER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE ONE	Katsu Crispy chicken pieces Baked plain chicken fillet	'Chinese Night' Char sui Pork belly	HFC – Howes Fried Chicken Howe's Fried Chicken BBQ Baked Chicken Wings Howe's Fried Tempeh	Shepherds Pie	The indoor BBQ BBQ grilled chicken fillet	The Burgers: The "Beef Mac" Prime beef pattie, mac 'n' cheese, shredded fried onions, sliced ripe tomato & cucumber The "Cool Runnings" Crispy fired jerk chicken, lime & mint mayonnaise, red cabbage & carrot slaw, green leaf salad The "Green machine" Spinach & cheddar pattie, sticky fried red onions, dill mayonnaise, sliced beef tomato & watercress	Sausage bar night!! Pork & leek sausages Beef sausages Vege sausages Chicken sausages
MAIN COURSE TWO	Katsu Vegan Crispy pieces	Vegetable Chow mein Tofu & Black Bean Spring roll	Waffles Smashed Sweet Potato Pickled Slaw with savory cabbage, carrot & radishes BBQ cannellini & butter beans Chopped salad of lettuce, tomato, cucumber & cress Rolled Corn cobs with smokey onion crust	Soya Mince vegan cottage pie	Cajun spiced pork steak Pepper, mushroom, halloumi burger with pickled courgette	The Bun: Classic sesame bap The Sides: Jerk spiced Jamaican wedges Blackened corn on the cob with chilli & lime American chopped salad with ranch dressing	Caramelised onions Soft rolls Gravy Mustards
ON THE SIDE	Steamed rice Green beans Carrots	Egg Fired Rice Prawn crackers Soy Sauce	Louisiana BBQ Sauce Maple & bourbon Buttermilk dressing Chipotle mayo 	Mash Potato Green Beans carrots	Mixed bean guacamole Baked wedges		Crushed new potatoes Creamy puy lentils Peas & carrots
DESSERT	Cheesecake pots	Churros with chocolate sauce	Swiss Roll	Apple pie with ice cream	Lemon Posset	Rocky road	

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