

BARNET BASE HALAL NO BEEF (MENU 3)

Barnet
October Winter - 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pea & Mushroom Risotto	Lamb & Onion Pie with Baked Potatoes	Roast Chicken & Gravy with Roast Potatoes	(50/50) Chicken Pizza	Fish Fingers & Chips
Option 2	Quorn Sausage & Gravy with Mashed Potato	Napolitan Pasta (cheese)	Hummus & Cucumber Wrap	Jacket Potato & Baked Beans	Roast Vegetable Lasagne
Alternative Option		Halal Lamb & Onion Pie with Baked Potatoes	Halal Roast Chicken & Gravy with Roast Potatoes	Halal (50/50) Chicken Pizza	Peas Baked Beans
Vegetables	Green Beans Carrots	Broccoli Roasted Vegetables	Roast Parsnips Red Cabbage	Salad Selection Coleslaw	
Dessert of the day	Toffee Apple Crumble & Custard	Shortbread	Frozen Toffee Yoghurt	Fruity Flapjack	Peach Sponge & Custard
Dates week commencing					
Option 1	Vegetable Bean Chili & Rice	Lamb Spaghetti Bolognese	Halal Roast Chicken Thigh & Gravy with Roast Potatoes	Chicken Korma & Wholegrain Rice	Fish Fingers & Chips
Option 2	Macaroni Cheese	Jacket Potato with Cheese & Baked Beans	Vegetable & Butterbean Ragù with Roast Potatoes	Italian Tomato & Basil Pasta	Quorn Frankfurter & Chips
Alternative Option		Halal Lamb Spaghetti Bolognese		Halal Chicken Korma & Wholegrain Rice	Salmon & Vegetables with Egg Noodles
Vegetables	Green Beans Sweetcorn	Mixed Peas Carrots	Braised Cabbage Vegetable Medley	Fruity Coleslaw Salad Selection	Peas Baked Beans
Dessert of the day	Peach Upside Down Cake & Custard	Oat & Raisin Biscuit	Frozen Toffee Yoghurt	Jelly & Vanilla Ice Cream	Pear & Chocolate Pudding with Chocolate Sauce
Dates week commencing					
Option 1	Mexican Rice Wrap	Shepherd's Pie	Roast Turkey & Gravy with Roast Potatoes	(50/50) Chicken & Sweetcorn Pizza	Fish Fingers & Chips
Option 2	Quorn Sausage & Gravy with Mashed Potato	Jacket Potato & Coleslaw	3 Bean Casserole with Roast Potatoes	(50/50) Margherita Popeye Pizza	Cauliflower & Broccoli Cheese Bake with Chips
Alternative Option		Halal Shepherd's Pie	Halal Roast Turkey & Gravy with Roast Potatoes	Halal (50/50) Chicken & Sweetcorn Pizza	
Vegetables	Carrots Green Beans	Cauliflower Broccoli	White Cabbage Sweetcorn	Winter Slaw Roasted Vegetables	Peas Baked Beans
Dessert of the day	Apple & Berry Sponge with Custard	Apple & Cinnamon Pie with Organic Vanilla Sauce	Frozen Strawberry Yoghurt	Berry Muffin	Fruity Flapjack
Dates week commencing					
Week 3 13/11, 4/12, 2/1, 22/1, 19/2, 12/3 holiday 29 March - 13 April for new Menu					

The following are available daily:
 Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing)
 Organic Fresh white & wholemeal crusty bread
 Selection of seasonal fresh fruit and low fat yoghurts
 Chilled water
 The carbohydrate is incorporated in the whole dish unless otherwise stated