Lancing College

Lunch Menu Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN COURSE COUNTERS 1 & 2	**General Tso chicken** *Crispy sticky chicken* Jasmine rice Stir fry broccoli with garlic Steamed carrots	**Mediterranean lamb kofte** Flatbread Greek style potato wedges Lemon & herb cous cous Tzatziki Green beans	**Ghurka chicken cardamon curry** Pilau rice Roast cauliflower Naan bread Mango chutney	**Beef goulash** Creamy mashed potatoes Buttered green beans Crusty bread	**Freshly battered fish of the day** Chips Peas & baked beans	**Teriyaki chicken noodles** Broccoli with sesame Vegetable spring roll	**Full English** Grilled pork, chicken and vegan sausages Bacon Baked beans Fried eggs Bubble & squeak Plum tomatoes Cut fruit Toast & preserves Mini sweet pastries Breadbasket with a selection of three breads
CHEFS SPECIAL COUNTER 4	'Wing Kingz style' falafel wraps	Gatsby chicken sandwich	Seattle dogs	Tuna melt panini	Hawaiian burger	Ham & cheese bagel	
VEGETARIAN / VEGAN COUNTER 3	**General Tso crispy cauliflower** Jasmine rice Stir fry broccoli with garlic	**Mediterranean vegetable & haloumi bake** Greek style potato wedges Lemon & herb cous cous Tzatziki	**Nepalese vegetable curry** Pilau rice Roast cauliflower Naan bread Mango chutney	**Mixed bean & vegetable goulash** Creamy mashed potatoes Buttered green beans Crusty bread	**Fishless finger** Chips Peas & baked beans	**Teriyaki tofu noodles** Broccoli with sesame Vegetable spring roll	
HOME COMFORT BAR COUNTER 5	**Pasta Bar** Lamb ragu Sugo finto vegetable sauce Garlic bread bites	**Jacket Potato Bar** Baked Beans Grated Cheese Tuna Mayo Hot Option	**Pasta Bar** Pork ragu Alfredo sauce Garlic Bread	**Theatre bar** Chicken fried rice	**Pasta Bar** Chicken cacciatore Pomodoro & basilico Fresh bread	-	
CHEF'S SALAD	Asian style cucumber salad	Moroccan carrot salad	Nepalese carrot & cucumber	Tomato, cucumber & fresh herb	Cucumber, radish & dill	Asian style slaw	**Daily Special** Shakshuka eggs with crusty bread
DESSERT OF THE DAY	Mandarin orange jelly	Syrup baba with grilled peaches & vanilla mascarpone	Lime jelly	Apple crumble with vanilla custard	Chocolate brownie, crème chantilly	Fruit salad	**Juice of the Day** Beetroot, orange & apple with a ginger kick

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Lunch Menu Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY BRUNCH
MAIN COURSE COUNTERS 1 & 2	**Souvlaki chicken pitta** Street fries Pickled Greek style vegetables Harissa mayonnaise & tzatziki Roast carrots	**Beef pad prik king** Sticky rice Green beans with sesame Fried egg Prawn crackers	**Italian chicken stew** Garlic & rosemary potato Broccoli with parmesan cheese Roasted butternut squash	**Spaghetti bolognaise** Roast corn on the cob Fresh focaccia Green beans	**Catch of the day** With sauce Scuffed new potatoes Broccoli & peas	**Mango chicken with coconut sauce** Jasmine rice Steamed broccoli	**Irish brunch** Soda bread Poached eggs Grilled bacon Black pudding Boxty potato cake Saute mushroom Cut fruit Toast & preserves Mini sweet pastries Breadbasket with a selection of three breads
CHEFS SPECIAL COUNTER 4	Spicy bean burger	Grilled churrasco chicken wrap	Paneer kathi roll	LA danger dog	Thai chicken burger	Hotdog	
VEGETARIAN / VEGAN COUNTER 3	**Sweet potato falafel pitta** Street fries Pickled Greek style vegetables Harissa mayonnaise & tzatziki	**Tofu thai yellow curry** Sticky rice Green beans with sesame Fried egg Prawn crackers	**Tuscan bean & vegetable stew** Garlic & rosemary potato Broccoli with parmesan cheese	**Brown lentil bolognaise** Spaghetti Roast corn on the cob Fresh focaccia	**Fishless finger** Scuffed new potatoes Broccoli	**Sweet potato, mango & coconut curry** Jasmine rice Steamed broccoli	
HOME COMFORT BAR COUNTER 5	**Pasta Bar** Beef & mushroom stroganoff Tomato, basil & mascarpone Garlic Bread	**Salad bowl** Chicken or beef tinga tacos with sides	**Pasta bar** Alfredo sauce Tomato & basil Lamb ragu Rosemary focaccia	**Theatre bar** Special fried rice	**Pasta Bar** Beef lasagne Vegetable ragu Garlic Bread	-	
CHEF'S SALAD	Fresh herb tabouleh	Thai style cucumber slaw	Sliced tomato with basil	Italian mixed salad	Rainbow slaw	Crunchy mixed leaf salad	**Daily Special** Smashed avocado on toasted sourdough with fried egg
DESSERT OF THE DAY	Lemon drizzle cake with cream	Coconut panna cotta with mango compote	Tiramisu	Chocolate pot	Lemon Cheesecake	Ice cream pot	**Juice of the Day** Wheatgerm, apple & orange

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Lunch Menu Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY BRUNCH
MAIN COURSE COUNTERS 1 & 2	**Katsu chicken** Jasmine rice Soy broccoli Katsu curry sauce Prawn crackers	**Beef bourguineon** Skin on mashed potato Green beans Steamed carrots Crusty bread	**Bang bang chicken** Jasmine Rice Sichuan style pickled cabbage Stir fry green beans	**Lamb ragu** Parmesan & herb potatoes Buttered green beans Ciabatta bread	**Salt & pepper goujons** Peas, baked beans Curry sauce	**Panini bar** Home cooked ham & cheese French fries Corn on the cob	**USA Brunch** Hash browns Grilled bacon Scrambled egg Baked beans Grilled tomato Cheesy grits Cut fruit Toast & preserves Cinnamon rolls Waffle & pancake station with maple syrup & fruit compote
CHEFS SPECIAL COUNTER 4	-	Korean BBQ chicken wraps	Cheeseburger bar	Ham & cheese tartine	Chicken po' boys baguette	Tomato soup with fresh rolls	
VEGETARIAN / VEGAN COUNTER 3	**Plant based Katsu** Jasmine rice Soy broccoli Katsu curry sauce Prawn crackers	**Mushroom bourgineon** Skin on mashed potato Green beans Crusty bread	**Bang bang crispy cauliflower** Jasmine Rice Sichuan style pickled cabbage	**Roast aubergine & tomato ragu** Parmesan & herb potatoes Buttered green beans Ciabatta bread	**Fishless Fingers** Peas, baked beans Curry sauce	**Panini bar** 3- cheese & tomato French fries Corn on the cob	
HOME COMFORT BAR COUNTER 5	**Pasta bar** Tomato & basil Pesto, olive. Rocket & parmesan Garlic bread	**Jacket potato bar** Baked beans Cheese Chef choice of sauce	**Pasta bar** Pork ragu Alfredo sauce Warm fresh bread	**Vietnamese bahn mi**	**Pasta Bar** Beef bolognaise Mac'n'cheese Garlic Bread	-	
CHEF'S SALAD	Ajat knao cucumber	Celeriac remoulade	Sunomono cucumber salad	Rocket, parmesan & balsamic	Mixed leaf salad	Coleslaw	**Daily Special** Smoked salmon & cream cheese bagel
DESSERT OF THE DAY	Pineapple, chilli & lime salad	Crème brulee	Passionfruit cheesecake pot	Chocolate orange brownie	Sticky Toffee Pudding	Flapjack	**Juice of the Day** Vanilla & strawberry milkshakes