



Lancing College Supper Menu

ADVENT 2022 WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN (VEG)	World Foods: A taste of Japan Okonomiyaki (Japanese style omelette)	Vegetarian Bowl Food Fragrant Thai three mushroom broth	Spiced vegetable flatbreads topped with minted crème fraiche	Spinach and chickpea burger in beetroot bun with salad and cucumber relish	It's Pot Noodle Night Select your noodles, add your protein, vegetables and then select your favourite sauce	Home made vegetable pasty sweet potato, chickpea and sweet pepper	Roast vegetable loaf
MAIN (VEGAN)	World Foods: A taste of Japan Sticky miso and tahini aubergine wedges	Vegan Bowl Food Fragrant Thai three mushroom broth	Spiced vegan flatbreads	Spinach and chickpea burger in beetroot bun with salad and cucumber relish	Noodles Chow mein noodles Rice Noodles Soba Noodles	Home made vegetable pasty sweet potato, chick pea and sweet pepper	Roast vegetable loaf
MAIN	World Foods: A taste of Japan Chicken yaki udon Or meat tonkatsu	Meatballs in onion gravy	MANOR'S SUGGESTION Southern fried chicken wrap with shredded lettuce and chipotle mayo	Jumbo battered fish finger sandwich with iceberg lettuce mayo and doorstop bloomer	Proteins Spiced chicken; deep fried tofu; sticky beef; sauté vegetables	Homemade Cornish Pasty Tender beef pieces with potato swede and black pepper	Carvery Night Carved whole chickens or pork loin with sage and apricot stuffing redcurrant jelly or apple sauce
MAIN (GLUTEN FREE)	World Foods: A taste of Japan Chicken yaki udon or meat tonkatsu	Meatballs in onion gravy	MANOR'S SUGGESTION GF Southern fried chicken wrap with shredded lettuce and chipotle mayo	GF fish burger with iceberg lettuce mayo	Vegetables Peas Beansprouts Sweet Peppers	GF Home made cornish pasty; tender beef pieces with potato, swede and black pepper	Carvery Night Carved whole chickens or pork loin with sage and apricot stuffing redcurrant jelly or apple sauce
SIDE ORDERS	World Foods: A taste of Japan Goma ae (green vegetables with gomaee dressing) Pickled vegetables Sticky Rice	Crushed new potato Roast carrots Tender stem	Vegetable Rice Homemade sweet chili sauce	Skinny Fries Baked Beans Peas	Sauces Sweet and Sour Curry Sweet Chilli Soy Sauce Hoi sin	BBQ Beans Panache of fresh vegetables Curry sauce	Triple-cooked roast potatoes Sauté buttered cabbage Steamed Roots Gravy
SALAD BAR	Selection of freshly made salads with dressings	Selection of freshly made salads with dressings	Selection of freshly made salads with dressings	Selection of freshly made salads with dressings	Selection of freshly made salads with dressings	Selection of freshly made salads with dressings	Selection of freshly made salads with dressings
DESSERTS	Melon salad	Rocky road tray bake	Strawberry jelly	Doughnuts with caramel sauce	Lemon tart	Mini pavlovas	Berry crumble and Ice cream