

Elmhurst Ballet School

Lunch Menu Week 2

Monday

Soup/bread of the day

Sweet Potato and Coconut with Poppy seed Loaf

Main Course

Roasted Cod Fillet with Kale and Dill Cream Sauce

Vegetarian

Spinach and Black Olive Tortellini with Basil Cream

Sides

Couscous with Lemon and Coriander
Roasted Courgettes

Jacket Potato Fillings

Baked Beans, Chef's Special

Tuesday

Soup/bread of the day

Pea and Spinach with Flat Breads

Main Course

Zesty Crusted Haddock Fillet, Summer Salsa

Vegetarian

Edamame Beans, Pea and Lemon Risotto
with Parsley Pesto

Sides

Honey Braised Carrots and Oregano

Chef's Dish

Slow Roasted Balsamic Tomatoes and
Chunky Carrots

Wednesday

Soup/bread of the day

Sweetcorn Chowder, Chilli Corn Bread

Main Course

Moroccan Spiced Chicken, Dates and
Aubergine Estrella

Vegetarian

Spiced Bean and Vegetable Spring Roll with
Sweet Chilli

Sides

New Potatoes with Herbs, Leeks and Cherry
Tomatoes

Pasta Dish

Chef's Pasta with Napolitano Sauce

Thursday

Soup/bread of the day

Red Lentil and Carrot with Olive Ciabatta

Main Course

Slow Cooked Beef Chilli with Borlotti Beans

Vegetarian

Lime and Coriander Quorn Tacos

Sides

Pico de Gallo Rice, Sour Cream, Nacho Chips
and Guacamole

Jacket Potato Fillings

Baked Beans, Chefs Special

Friday

Soup/bread of the day Potato

Minestrone, Italian Herb Tear and Share

Main Course

Korean Fried Turkey Burger

Vegetarian

Pepper and Potato Pakora, Asian Slaw

Jacket Potato

Street Food

Jacket

Baked Skins with Sour Cream

Sides

Mexican Breaded Corn on Cob, Peri peri Wedges

Saturday

LEAVE OUT

Have a great time

Sunday

LEAVE OUT

Have a great time