



John Ruskin College Week3

MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Slowly Cooked Bolognese

Caribbean Style Chicken

Beef Madras Curry

Roasted Turkey

Battered Fish

Spicy Chicken in Tomato Sauce

Spicy Rice

Chickpea Tikka Curry

Vegetable Burrito

Chips

Creamy Mushroom and Basil Sauce

Corn on the cob

Rice

Roasted Potatoes

Mediterranean Vegetable Frittata

Selection of Pastas

Caribbean Vegetable stew

Naan bread

Country Vegetables

Petit pois

Garden Salad and Garlic Bread

Poppadom

Available Daily

Grab&Go, Selection Of Sandwiches, Soup of the Day, Salad Bar, Fresh Fruits, Cakes and Desserts