



# Dover College Menu - Lent Term Week 1

Boarder's Breakfast	Monday - Friday	Saturday	Sunday
Cold Selection	A selection of cereal, granola & porridge. Wholemeal and white toast with preserves. Yoghurts with seeds and fresh fruit toppings	Brunch	
Hot Selection	Eggs, Bacon, Sausages, Hash Browns, Mushrooms, Tomatoes		
Juices	Orange Juice and Apple Juice available daily		
Hot Beverages	Tea, Coffee and Hot Chocolate available daily		

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	<b>Jerk Chicken</b> Jerk chicken leg  <b>Creamy Fish Curry</b>	<b>Chicken &amp; Spinach Lasagne</b> Chicken, spinach in mascarpone sauce  <b>Bacon Carbonara</b>	<b>Coconut Chicken</b> Chicken cooked with mild spice, Coconut milk & Coriander  <b>Hoisin Chicken</b>	<b>Roast Topside of Beef</b> Oven roasted boned & rolled topside of beef	<b>Beef Burger</b> 100% Beef Burger  <b>Mac &amp; Cheese</b>  <b>Salmon Fishcake</b>
Vegetarian Main Course	<b>Quorn Jerk Chicken</b> Quorn Chicken, Jerk Sauce	<b>Vegetarian Meatballs</b> Quorn meatballs tomato and red pepper Sauce	<b>Quorn Coconut Chicken</b> Quorn chicken, coconut milk and mild spices	<b>Vegetarian Wellington</b> Quorn and root vegetable in a light puff pastry case	<b>Quorn Burger</b> Quorn Beef Patty Seeded Roll
On the side	Spiced potato hash Brown Rice Steamed broccoli Sesame glazed carrots Garlic and herb pitta	Garlic Bread Italian Bread Sticks Penne Pasta/Spaghetti Green beans Confit fennel Basil Dressing	Egg Noodles Sweet & Sour Peppers Steamed rice Roasted veg Soy glazed broccoli Coriander naan	Roast Potatoes Yorkshire Pudding Meat or Vegetable Gravy Fresh Vegetables Horseradish gravy Cauliflower cheese	Baked Beans Seeded Roll Chips Burger Cheese Streaky Bacon Gherkin



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	Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato Bar	Baked Beans Grated Cheese	Baked Beans Grated Cheese	Baked Beans Grated Cheese	Baked Beans Grated Cheese	Baked Beans Grated Cheese
Pasta Bar	Tomato & Basil sauce	Roasted Red Pepper	Cream Mushroom & Bacon	Three Cheese	Tomato & Red Pepper
Hot Dessert	Toffee Sponge	Chocolate Sponge	Apple Crumble	Creamed Rice Pudding	Jam Doughnuts
Cold Dessert	Cornflake Cake Selection of Fresh Fruit	Fruit Trifle Selection of Fresh Fruit	Victoria Sponge Selection of Fresh Fruit	Tottenham Cake Selection of Fresh Fruit	Chocolate Doughnuts Selection of Fresh Fruit

Boarder's Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	<b>Piri Piri Chicken</b>	<b>Chicken Korma</b>	<b>Chinese</b>	<b>Chicken Schnitzel</b>	<b>Chicken with Peppercorn</b>	<b>Pizza Night</b>	Chef's Special
Vegetarian Main Course	<b>Piri Piri Quorn Fillet</b>	<b>Chickpea &amp; Spinach Tikka</b>	<b>Vegetable Noodles</b>	<b>Quorn Schnitzel</b>	<b>Quorn Escalope</b>		
On the Side	Herb Diced Potatoes Corn On The Cob Macho Peas Quinoa	Rice Sag Aloo Samosa Naan	Gyoza Rice noodles & Soy Spring roll Prawn cracker	Tomato Spaghetti Saute Potato with onion Potato Gnocchi Loaded Bread	Rosemary Potatoes Flat Mushroom Onion Rings Roast Tomatoes, Red Onion	Waffle fries Coleslaw BBQ beans Jalapeno peppers	
Salad bar	A selection of salads, cold cuts and cheeses with dressings.						