



Dover College Menu - Lent Term Week 3

Boarder's Breakfast	Monday - Friday	Saturday	Sunday
Everyday	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	<p>Lamb Moussaka Greek lamb dish, tomato and red pepper sauce</p> <p>Creamy Cajun Chicken</p>	<p>Beef Lasagne beef mince, tomato Herbs & Bechamel</p> <p>Mushroom and Ricotta</p>	<p>Katsu Curry Breaded chicken, Katsu sauce</p> <p>Honey & Mustard Chicken</p>	<p>Honey Roast Gammon oven roasted boned & rolled glazed gammon</p>	<p>Chicken & Chorizo Pesto, mozzarella burger</p> <p>Selection of Pies</p>
Vegetarian Main Course	<p>Potato Gnocchi roasted bell peppers & tomato sauce with mature cheddar cheese</p>	<p>Chargrilled Vegetable filled pasta Filled pasta with a selection of chargrilled vegetables</p>	<p>Quorn Chicken Katsu Breaded Quorn chicken Katsu Sauce</p>	<p>Quorn Roast Quorn roast chicken vegetables & onion in a meat free gravy</p>	<p>Quorn Southern Fried Quorn chicken style Burger in a seeded roll</p>
On the side	<p>Lyonnaise potatoes Sweetcorn Roast courgette Charred pitta bread Spiced chickpea Tenderstem Broccoli</p>	<p>Garlic bread Spaghetti pasta Potato gratin Green beans Baby carrots Garlic & Herb Pitta</p>	<p>Patatas bravas Steamed rice Ratatouille Tenderstem broccoli Roasted peppers & thyme</p>	<p>Roast potatoes Yorkshire pudding Meat or Vegetable gravy Herb stuffing Fresh vegetables Cauliflower cheese</p>	<p>Baked beans Garden peas Chips Broccoli Sweetcorn</p>



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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	Carbonara	Three Cheese	Tomato & Red Pepper
Hot Dessert	Apple, Yoghurt Sponge	Sticky Toffee Sponge	Jam Suet Pudding	Creamy Rice Pudding	Milk Choc Cookies
Cold Dessert	Belgian Waffles Selection Of Fresh Fruit	Banana Bread, Chocolate Selection Of Fresh Fruit	Rice Krispie Cake Selection Of Fresh Fruit	Carrot Cake Selection Of Fresh Fruit	Ice Cream Roll Selection Of Fresh Fruit

Boarder's Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Beef & Lamb Kofte	Burger Night	Beef Brisket Chilli & Fajita	Chicken Parmigiana	Jerk Chicken	Pizza	Chef's Special
Vegetarian Main Course	Spiced Falafel	Quorn Burger	Vegetarian Chilli	Quorn Nuggets	Jerk Quorn	Cheese & Tomato	
On the Side	Rosemary fries Pitta bread Chicken Thigh Mint Yogurt	Streaky bacon Cajun french fries Corn on the cob Mac & Cheese bites	Saute Potato Garlic Flatbread Loaded Nachos Chipotle Rice	Loaded Jackets Herb Spaghetti Garlic Bread Swiss Chard	Garlic field mushroom Hash brown bites Brown Rice Calamari	Pesto mushrooms Hash brown bites Coleslaw Breaded mozzarella	
Salad bar	A selection of salads, cold cuts and cheeses with dressings.						