



# 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>Sausage &amp; Mash</b> Onion Gravy <b>Honey, Mustard Chicken</b>	<b>Pork Schnitzel</b> Mushroom Sauce <b>Beef Shin Ragu</b>	<b>Beef Hotpot</b> Sliced Potato Topping <b>Hunter's Chicken</b>	<b>Roast Loin of Pork</b> Oven roasted boned & rolled loin of pork <b>Coq au Vin</b>	<b>Piri Piri Chicken</b> Chicken Burger <b>Piri Piri Chicken Leg</b>
Vegetarian Main Course	<b>Quorn Sausages</b> Onion Gravy	<b>Spinach &amp; Ricotta</b> Creamy Ricotta sauce Fresh Spinach	<b>Quorn Hotpot</b> Topped with Mash Potato	<b>Savoury Vegetable Crumble</b> Spinach, Feta, Tomato, Pesto	<b>Piri Piri Burger</b> Spiced Quorn Chicken Seeded Roll
On the side	Mashed potato Braised cabbage Carrots Butternut squash Steamed broccoli	Garlic bread Roasted potatoes Sweetcorn Green beans Braised peas Tomato spaghetti	Roasted new potatoes Steamed rice Minted peas Roasted courgette Braised savoy cabbage Broccoli	Roast potatoes Yorkshire pudding Meat or vegetable gravy Fresh vegetables Braised cabbage Cauliflower Cheese	Mixed Vegetable Rice Piri piri fries Pitta bread Burger cheese Macho peas Selection of vegetables



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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 Grilled corn on the cob
Pasta Bar	Tomato & Basil sauce	Roasted Red Pepper	Cream Mushroom & Bacon	Pesto	Tomato & Red Pepper
Hot Dessert	Jam & Coconut Sponge	Apple & Toffee Crumble	Apple Strudel, cream	Chocolate Orange Cheesecake	Spanish Churros
Cold Dessert	Lemon Meringue Pie Selection of Fresh Fruit	Black Forest Tiramisu Selection of Fresh Fruit	Banoffee Pie Selection of Fresh Fruit	Eton Mess Selection of Fresh Fruit	Chocolate Eclair Selection of Fresh Fruit

Boarder's Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	<b>Chicken Gyros, chilli jam</b>	<b>DFC Chicken</b>	<b>Lamb Burrito</b>	<b>Build your own Salad, Kofte</b>	<b>Pork Schnitzel</b>	<b>Homemade Subs</b>	Chef's Special
Vegetarian Main Course	<b>Jackfruit Flatbread, chilli jam</b>	<b>Spiced Falafel</b>	<b>Mixed Bean Burrito</b>	<b>Vegetable Kofte</b>	<b>Sweet Potato Fritter</b>	<b>Vegetarian Sub</b>	
On the Side	French Fries Tzatziki Macho peas, fresh mint, chilli Savoury rice	French Fries BBQ Baked Beans Coleslaw Southern Fried Gravy	Spiced Wedges Mexican Rice Garlic Bread Grilled Corn on the Cob	Hash Brown bites Onion Rings Goat's Cheese, Pesto Pasta Flatbread	Bacon & Onion Hash Bratwurst, Curry Sauce Pretzel Bread Pickled Cabbage	Twister Fries Loaded Nachos Greek Salad Coleslaw	
Salad bar	A selection of salads, cold cuts and cheeses with dressings.						