



# Dover College Menu - Week 3

Boarder's Breakfast	Monday - Friday	Saturday	Sunday
Every Day	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>Cottage Pie</b> Slow Cooked Beef Mince <b>Turkey ala King</b>	<b>Beef Lasagne</b> Tomato Sauce & Bechamel <b>Chicken Alfredo</b>	<b>Chicken Tagine</b> Fresh Herbs, Prunes, Apricot <b>Hunters Chicken</b>	<b>Cumberland Sausages</b> Oven Roasted <b>Lamb Hotpot</b> Topped with Golden Sliced Potato	<b>Jerk Chicken leg</b> <b>Fried Rice with prawns &amp; spicy pork, Coconut</b>
Vegetarian Main Course	<b>Quorn Mince Cottage Pie</b> With Potato Topping	<b>Filled Pasta</b> Tomato & Mascarpone Sauce	<b>Quorn Cottage Pie</b> Topped with Mash Potato	<b>Quorn Sausages</b> Onion Gravy	<b>Vegetarian Jerk Mushrooms</b>
On the side	Steamed Potatoes Rich Gravy Steamed broccoli Mashed Potato Sautéed cabbage Mashed Swede	Garlic bread Fennel Roasted Potatoes Sweetcorn Green beans Garden Peas Savoy Cabbage	Steamed Rice Herb & Garlic Roasted New Potatoes Roasted Med Veg Sweetcorn Courgette	Mashed Potatoes Onion Gravy Garden Peas Braised Red Cabbage Cauliflower Carrots	Rice & Peas Dutty New Potatoes Charred Bread Sautéed Savoy Cabbage Green Beans, Garlic & Chilli Broccoli



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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	Pesto	Tomato & red pepper
Hot Dessert	Sticky Toffee Pudding	Rice Pudding	Apple strudel, cream	Rhubarb Crumble	Mini Doughnuts, Chocolate Sauce
Cold Dessert	Crepes, Strawberries, Lemon & Sugar	Tiramisu	Blackforest Sponge Cake	Lemon Curd, Mascarpone, Meringue	Greek Yogurt, Mandarin, Granola

Boarder's Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	<b>Beef Kofte</b> Spiced Beef Mince Chargrilled	<b>Pork Schnitzel</b> , Fried Onions, Garlic Butter Bratwurst	<b>Buffalo Chicken Burger</b> Sliced Cheese, Gem Lettuce, Mayonnaise	<b>Chicken Enchilada</b> Baked with Spices	<b>Hand Battered Fish</b>	<b>Homemade Calzone</b>	Chef's Special
Vegetarian Main Course	<b>Spice Quorn Mince</b>	<b>Spiced Falafel Fried Onions</b>	<b>Buffalo Mushroom Burger</b>	<b>Mushroom Enchiladas</b>	<b>Quorn Sausage</b>	<b>Vegetarian Calzone</b>	
On the Side	Piri Piri Fries Chilli & Garlic Sauce Mixed Pepper Cous Cous	Bacon & Onion Fried Potato Herb Spaghetti Pretzel Baked Dumplings	Onion Rings Homemade Slaw Sweet Potato Fries Griddled corn on Cob Arrabbiata Pasta	Mexican Rice Potato Wedges Refried Beans Loaded Nachos Baked Sweet Potato	Chucky Chips Tartare Sauce Minted Peas Curry Sauce Buttered Roll	Fried Polenta, Parmaesan Creamy garlic mushrooms Tomato, Basil & Mozzarella	



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Salad bar	A selection of salads, cold cuts and cheeses with dressings.
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