



# Lancing College Supper Menu

ADVENT 2022 WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN (VEG)</b>	<b>HALLOWEEN SPOOK FEST</b>	<b>Vegetarian Mixed Grill</b> Portobello mushroom, beef tomato, potato rosti, pitta strips, hummus and smashed avocado	<b>Lando's like Nando's only better</b> Peri peri aubergine steak	Spinach, tomato and vegetable orzo with fresh basil	Vegetable Turkish pilaf with goji berries and sweet chilli	<b>Wagamama Night</b> Chilli vegetable ramen	<b>Yorkshire pudding House</b>
<b>MAIN (VEGAN)</b>	<b>HALLOWEEN SPOOK FEST</b>	<b>Vegan Mixed Grill</b> Portobello mushroom, beef tomato, potato rosti, pitta strips, hummus and smashed avocado	<b>Lando's like Nando's only better</b> Peri peri aubergine steak	Spinach, tomato and vegetable orzo with fresh basil	Vegetable Turkish pilaf with goji berries and sweet chilli	<b>Wagamama Night</b> Chilli vegetable ramen	<b>Jumbo Yorkshire puddings filled with your choice of filling</b>
<b>MAIN</b>	<b>HALLOWEEN SPOOK FEST</b>	Turkey schnitzel with homemade cranberry jam	<b>Lando's like Nando's only better</b> Chicken pieces with a choice of homemade peri peri sauces	Home-cooked gammon and egg with homemade ketchup (Option for non-pork eaters available)	<b>GIBBS' SUGGESTION</b> Chicken fried rice with side of hot and sour sauce	<b>Wagamama Night</b> Teriyaki turkey donburi	<b>Fillings</b> Roast beef and gravy Chicken stroganoff Vegetable curry BBQ beans and sausage
<b>MAIN (GLUTEN FREE)</b>	<b>HALLOWEEN SPOOK FEST</b>	Pan Fried Turkey Escalope with homemade cranberry jam	<b>Lando's like Nando's only better</b> Chicken pieces with a choice of homemade peri peri sauces	Home-cooked gammon and egg with homemade ketchup (option for non-pork eaters available)	<b>GIBBS' SUGGESTION</b> Chicken fried rice with side of hot and sour sauce	<b>Wagamama Night</b> Teriyaki turkey donburi	<b>GF Yorkshire</b> Roast Beef and Gravy Chicken stroganoff Vegetable curry BBQ Beans and Sausage
<b>SIDE ORDERS</b>	<b>HALLOWEEN SPOOK FEST</b>	Sweet potato fries Garlic green beans House salad	Ratatouille Spiced rice Mini buttered corn cobs Skinny fries	Homemade Focaccia Tender stem Mash	Cabbage salad Hummus Fried little potatoes	Tofu Pad Thai Wok fried greens Sticky rice Gyozas	Roast potatoes Mixed vegetables
<b>SALAD BAR</b>	<b>HALLOWEEN SPOOK FEST</b>	Choice of freshly prepared salads	Choice of freshly prepared salads	Choice of freshly prepared salads	Choice of freshly prepared salads	Choice of freshly prepared salads	Choice of freshly prepared salads
<b>DESSERTS</b>	<b>HALLOWEEN SPOOK FEST</b>	Profiteroles with warm chocolate sauce	Baked American cheesecake with fruit compote	Steamed sultana sponge with vanilla sauce	Lemon jelly topped with homemade Turkish delight	Banana fritter with toffee sauce and ice cream	Fruit crumble and vanilla sauce