

## TOWER COLLEGE **WEEKLY MENU**

# MU School -

#### MONDAY

Soup of the Day with Homemade bread

Dish of the Day

Sweet & Sour Crispy Chicken

Vegetarian Dish of the Day

Sweet & Sour Tofu

Sides

Pak Choi & Leeks

Fried Garlic Broccoli

Vegetable Spring Rolls

Egg Fried Rice

Pasta Bar

Rich Tomato & Basil Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

**Dessert of the Day** 

Flapjack with Sultanas

Fresh & Chopped Fruit Yoghurt & Fruit Pot

### **TUESDAY**

Soup of the Day

with Homemade bread

Dish of the Day

Rich Beef Bolognaise Pasta Bake & Garlic Bread

Vegetarian Dish of the Day

Green Lentil and Vegetable bolognaise Pasta bake Garlic Bread

Sides

**New Potatoes** 

Steamed Cauliflower

Sauteed Cabbage

Pasta Bar

Green Pesto Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

**Dessert of the Day** 

Carrot Cake

Fresh & Chopped Fruit Yoghurt & Fruit Pot

#### WEDNESDAY

Soup of the Day

with Homemade bread

Dish of the Day

Mexican Spiced Lamb Chilli

Salsa & Guacamole

Vegetarian Dish of the Day

Stuffed Vegetable & Lentil **Peppers** 

Sides

Rice

Charred Corn on the Cob

Green Beans

Pasta Bar

Macaroni Cheese Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

**Dessert of the Day** 

Apple & Blackberry Crumble & Custard

> Fresh & Chopped Fruit Yoghurt & Fruit Pot

#### **THURSDAY**

Soup of the Day with Homemade bread

Dish of the Day

Roast Chicken, Sage & Onion Stuffing & Rich Gravy

Vegetarian Dish of the Day

Cheese & onion Pie with Puff pastry topping

Sides

**Roasted Potatoes** 

**Diced Carrots** 

Diced Swede

Pasta Bar

Italian vegetable Pasta Bolognaise

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Sticky Toffee Pudding & custard

Fresh & Chopped Fruit Yoghurt & Fruit Pot

#### FRIDAY

Soup of the Day

with Homemade bread

Dish of the Day

Pulled Pork BBQ Wraps

Vegetarian Dish of the Day

**BBQ Halloumi Wrap** 

**Sides** 

**Braised Rice** 

Vegetable Medley

Pasta Bar

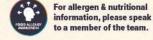
Chunky Tomato & garlic Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

**Dessert of the Day** 

Rocky Road cake

Fresh & Chopped Fruit Yoghurt & Fruit Pot





































## TOWER COLLEGE **WEEKLY MENU**

# MU School -

### MONDAY

Soup of the Day with Homemade bread

Dish of the Day

Creamy Chicken Korma

Vegetarian Dish of the Day

**Sweet Potato Dhal** 

**Sides** 

**Braised Rice** 

Onion Bhajis

Stir Fried Cabbage

Pasta Bar

Rich Tomato & Basil Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

**Dessert of the Day** 

Wholemeal Chocolate Brownie

Fresh & Chopped Fruit Yoghurt & Fruit Pot

### **TUESDAY**

Soup of the Day

with Homemade bread

Dish of the Day

Beef Burger with Baby Gem, Beef Tomato & relishes

Vegetarian Dish of the Day

Vegetable quarter pound Burger with Baby gem , Beef tomato & relishes

Sides

Oven Baked Potato wedges

Cauliflower Cheese

Corn on the Cob

Pasta Bar

Green pesto Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Chocolate Fudge Cake

Fresh & Chopped Fruit Yoghurt & Fruit Pot

#### WEDNESDAY

Soup of the Day

with Homemade bread

Dish of the Day

Toad in the hole in a rich Onion Gravy

Vegetarian Dish of the Day

Lentil, Vegetable New Potato Hotpot

Creamy Salmon & Broccoli Pasta

Sides

**Buttery Mashed Potatoes** 

**Braised Red Cabbage** 

Sweetcorn

Pasta Bar

Macaroni Cheese Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Summer Fruit Berry Cheesecake

Fresh & Chopped Fruit Yoghurt & Fruit Pot

#### **THURSDAY**

Soup of the Day with Homemade bread

Dish of the Day

Chinese pork Belly Bao Buns

Vegetarian Dish of the Day

Chinese Vegetable & Tofu Bao Buns

**Sides** 

**Braised Brown Rice** 

Mexican Mixed Vegetables

**Honey Roasted Carrots** 

Pasta Bar

Italian vegetable Pasta Bolognaise

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Baked Rice Pudding with Jam

Fresh & Chopped Fruit Yoghurt & Fruit Pot

#### FRIDAY

Soup of the Day with Homemade bread

Dish of the Day

Breaded fish fillet

Tartare sauce

Vegetarian Dish of the Day

Rich Cheddar Cheese & Sauteed onion Spanish Omelette

**Sides** 

Garden Peas

Roasted Carrots

Fries

Pasta Bar

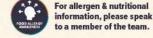
Chunky Tomato & garlic Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Homemade oaty Cookies

Fresh & Chopped Fruit Yoghurt & Fruit Pot







































## TOWER COLLEGE **WEEKLY MENU**

# MU School -

#### MONDAY

Soup of the Day with Homemade bread

Dish of the Day

Pepperoni Naan bread pizza Topped with Mozzarella Cheese

Vegetarian Dish of the Day

Tomato & Basil Naan Bread pizza Topped with Mozzarella Cheese

Sides

Steamed Broccoli

Crispy Fries

Sauteed Cabbage

Pasta Bar

Rich Tomato & Basil Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Apple & Sultana pie & custard

Fresh & Chopped Fruit Yoghurt & Fruit Pot

### **TUESDAY**

Soup of the Day

with Homemade bread

Dish of the Day

Chicken Parmigiano

**Vegetarian Dish of the Day** 

Vegetable & Bulgar wheat Con Carne

**Sides** 

Sweetcorn

New potatoes

Ratatouille

Pasta Bar

Green Pesto Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Banana & Choc Chip Bars

Fresh & Chopped Fruit Yoghurt & Fruit Pot

#### WEDNESDAY

Soup of the Day

with Homemade bread

Dish of the Day

BBQ pulled Chicken Slider on a Brioche Bun served with Slaw

Vegetarian Dish of the Day

Vegetable Strip Slider in a Brioche Bun Fresh Tuna Nicoise Salad

Sides

Wedges

Charred Corn on the Cob

**Green Beans** 

Pasta Bar

Macaroni Cheese Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Toffee Cheesecake

Fresh & Chopped Fruit Yoghurt & Fruit Pot

#### **THURSDAY**

Soup of the Day with Homemade bread

Dish of the Day

Slow baked Lamb Hot Pot

Vegetarian Dish of the Day

Cheese & Onion Quiche

**Sides** 

**Roasted Potatoes** 

Cauliflower Cheese

Green Beans

Pasta Bar

Italian vegetable Pasta Bolognaise

White & Sweet Jacket Potato with Beans, Cheese or Tuna

**Dessert of the Day** 

Victoria Sponge with Strawberry Jam & Cream

> Fresh & Chopped Fruit Yoghurt & Fruit Pot

#### FRIDAY

Soup of the Day with Homemade bread

Dish of the Day

Italian Meatballs with Spaghetti Pasta

**Vegetarian Dish of the Day** 

Creamy Garlic & Mushroom Pasta Bake

Sides

**Buttery Garlic New Potatoes** 

Mediterean Vegetables

Pasta Bar

Chunky Tomato & garlic Pasta

White & Sweet Jacket Potato with Beans, Cheese or Tuna

Dessert of the Day

Jam Donuts

Fresh & Chopped Fruit Yoghurt & Fruit Pot

