

# Elmhurst Ballet School

## Lunch Menu Week 3

### Monday

#### Soup/bread of the day

Broccoli and Stilton, Spinach Baguette

#### Main Course

Grilled Salmon Fillet with Lemon and Lime Cream Sauce on Herb Roasted Potatoes

#### Vegetarian

Pad Thai Sty Fry with Oriental Vegetables

#### Sides

Hoisin Asian Coleslaw with Black Sesame

#### Potato Dish

Chilli Rice with Black Sesame and Crackers

#### Jacket Potato

With Baked Beans

### Tuesday

#### Soup/bread of the day

Tomato and Lemon with Beetroot Bread

#### Main Course

Italian Beef, Tomato, Lentil and Basil Rigatoni

#### Vegetarian

Summer Vegetable Rose Tart with Herb Oil

#### Sides

Homemade Garlic Bread, Roasted Carrots and Courgettes with Oregano

#### Pasta Dish

Rigatoni with a Tomato and Bean Sauce

### Wednesday

#### Soup/bread of the day

Tomato and Basil, Rye Flour Loaf

#### Main Course

Elmhurst Mojo Marinated Pork Chops with Pineapple Slaw

#### Vegetarian

Sweetcorn and Quinoa Fritter with a Wasabi Yoghurt

#### Sides

Creamy Sweet Mash Potato, Soaked Red Cabbage

#### Pasta Dish

Chef's Pasta with Mushroom and Broccoli

### Thursday

#### Soup/bread of the day

Parsnip and Lentil, Cheddar Flat Bread

#### Main Course

Beef and Kale Sausage Roll with Rosemary and Home-made Ketchup

#### Vegetarian

Quorn Sausage Ravioli in a Cream Sauce with Spinach

#### Sides

Roasted Diced Potatoes and Spring Cabbage

#### Jacket Potato Fillings

Baked Beans, Chef's Special

### Friday

#### Soup of the day

Twice Cooked Roast Potatoes

#### Sides

Broccoli, Carrots and Cauliflower

#### Jacket Potato Fillings

Baked Beans

#### Main Course

Soaked Coca-Cola Ham with Apple Cider Chutney

#### Vegetarian

Quinoa, Olive and Mozzarella Stuffed Peppers

#### Dessert

No Nuts Cherry Bakewell

### Saturday

#### Main Course

Smoked Salmon and Haddock Fish Cakes with Summer Cucumber Salsa and Homemade Coriander Flat Bread

#### Vegetarian

Leek and Butterbean Tart with Tomato Salsa and Aioli

#### Sides

Tzatziki and Hummus

Sweet Potato and Carrot Crisps

#### Pasta Dish

Mac and Cheese with White Sauce

### Sunday

#### Sunday Brunch 12-1am

Hot Breakfast

Hot Breakfast

Scrambled Eggs

Roasted Tomatoes

Bacon and Beans

Cumberland Sausage

Veggie Sausages

Home-made Potato Rosti with Chives