

# ACS Cobham, Food Court, Spring/Summer Lunch 2010 Menu

Mon	Tues	Wed	Thur	Fri
<b>Week 1</b>	<b>Commencing: 19/04/10; 24/05/10; 30/08/10; 04/10/10</b>			
Cumberland Sausages in Onion Gravy; (V) Vegetarian Sausage in Onion Gravy; Sliced Carrots; Mashed Potato	Meatballs in Tomato Sauce; (V) Leek & Smoked Cheese Slice; Sweet Corn; Spaghetti	Chargrilled Paprika Chicken Breast; (V) Welse Rarebit Ciabatta with Tomato Chutney; Broccoli Braised Rice	Homemade Beef Lasagne; (V) Vegetarian Lasagne; Roast Italian Vegetables; Garlic Focaccia	Oven Baked Cod in Crunchy Batter; (V) Vegetable Sausage Hot Pot; Steamed Peas; Chunky Chips
<b>Week 2</b>	<b>Commencing: 26/04/10; 31/05/10; 06/09/10; 11/10/10</b>			
Chicken Fajitas; Salsa & Sour Cream Tortilla; (V) Cheese & Bean Quesadillas; Stir Fry Vegetables; Cous Cous	Beef Chilli Con Carne; (V) Vegetable Chilli (contains Soya); Nachos; Steamed Carrots; Boiled Rice	Thai Style Roast Cod Loin; (V) Spanish Omelette; Steamed Vegetable Medley; Mashed Potato	Roast Turkey; (V) Stuffed Peppers; Summer Greens; Lemon Roasted Potatoes	BBQ Ribs & Chicken; (V) Fefafel Burgers; Corn on the Cob; Onion Rings; Chunky Chips
<b>Week 3</b>	<b>Commencing: 03/05/10; 07/06/10; 13/09/10</b>			
Stir Fry Beef with Oyster Sauce; (V) Chargrilled Tofu with Peppers; Sauté Mixed Peppers; Steamed Noodles	Selection of Summer Quiches; Roasted Mixed Peppers; Crushed New Potatoes	Lamb Tagine; (V) Vegetable Lentil Hot Pot; Vegetable Medley; Cous Cous	BBQ Chicken; (V) Stuffed Mushrooms; Corn on the Cob; Potato Wedges	Chargrilled 5oz ACS Beef Burgers with toppings; (V) Cheese, Leek & Potato Bake; Onion Rings; Sweet Corn; Chunky Chips
<b>Week 4</b>	<b>Commencing: 10/05/10; 14/06/10; 20/09/10</b>			
Sweet & Sour Chicken; (V) Leek & Potato Bake; Stir Fry Vegetables; Steamed Rice	Chilli Beef Stir Fry; Salsa; Sour Cream; Nachos; (V) Refried Bean Casserole; Sauté Courgettes; Cous Cous	Battered Haddock with Tartare Sauce; (V) Macaroni Cheese; Steamed Peas; Mashed Potato	Chargrilled Lemon Chicken on Ciabatta; (V) Loaded Potato Skins; Roasted Vegetables; Potato Wedges	Homemade Assorted Pizzas; Chicken Wings; (V) Vegetable Stir Fry; Corn on the Cob; Onion Rings
<b>Week 5</b>	<b>Commencing: 17/05/10; 23/08/10; 27/09/10</b>			
Roast Chicken; (V) Vegetable Chilli (contains Soya); Sauté Peppers; Steamed Rice	Fish Fingers; (V) Individual Asparagus & Mozzarella Tarts; Steamed Peas; Mashed Potato	Jamaican Jerk Chicken; (V) Vegetarian Sausage Hot Pot; Roasted Vegetables; Rice with Peas	Turkey in Cheese & Bacon Sauce; (V) Tomato & Mozzarella Pasta Bake; Broccoli; Steamed Pasta	Chargrilled 5oz ACS Beef Burger with Toppings; (V) Homemade Vegetable Burgers (contains Soya); Sweet Corn; Chunky Chips

*All our menus are freshly produced using the finest ingredients each day.*

*Menu maybe subject to change at short notice.*