



Dover College Menu - Lent Term 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	Beef Enchiladas Spiced Tomato Sauce topped with Cheese Chicken Fajitas	Beef Lasagne Tomato & Herb Sauce Bechamel Bacon Carbonara	Katsu Curry Coated in a Seasoned Flour Spiced Vermicelli Noodles	Roast Turkey Oven roasted boned & rolled Turkey Crown Cumberland Sausages	Battered Chicken Fillet Sweet & Sour Sauce Hoisin Pork
Vegetarian Main Course	Vegetarian Enchiladas Roasted Bell Peppers Tomato and Red Pepper Sauce	Chargrilled Filled Pasta Filled Pasta with a selection of Chargrilled Vegetables	Quorn Chicken Katsu Curry Breaded Quorn Katsu Sauce	Quorn Roast Quorn Roast Chicken Vegetables & Onion in a Meat Free Gravy	Sweet & Sour Quorn QuornChicken Sweet & Sour Glaze
On the side	Mexican Rice Spiced Potato Wedges Homemade Nachos Tenderstem Broccoli Sweetcorn Carrots	Garlic bread Honey mustard potatoes Roast celeriac Green beans Braised fennel Creamed cabbage	Red pesto potato Steamed rice Butternut squash Broccoli Sweetcorn Spiced chickpeas	Roast potatoes Yorkshire pudding Meat or vegetable gravy Fresh vegetables Herb stuffing Cauliflower cheese	French fries Egg fried rice Soy Noodles Broccoli Bean sprouts Sweetcorn



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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	Carbonara	Pesto	Tomato & red pepper
Hot Dessert	Sticky Toffee Pudding	Toffee Apple Sponge	Apple strudel, cream	White Chocolate Cheesecake	Flapjack bars
Cold Dessert	Belgian Waffle & ice cream Selection of Fresh Fruit	Tiramisu Selection of Fresh Fruit	Rice Krispie Cake Selection of Fresh Fruit	Greek Yoghurt, Oats & Honey Selection of Fresh Fruit	Fresh Baked Cookie Selection of fresh Fruit

Boarder's Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Beef Massaman Curry	Kebab Sticks, Roasted Vegetables	Burger Night	Build your Caesar Salad	Jerk Chicken	Homemade pizza	Chef's Special
Vegetarian Main Course	Vegetarian Massaman Curry	Quorn, Smoked Cheese	Mushroom Burger	Tomato & basil Frittata	Pulled Jackfruit	Vegetarian pizza	
On the Side	Basmati Rice Bombay Potato Poppadum, Dips Bhaji/Samosa	Pitta Bread Garlic. Chilli Sauce Chips Mozzarella Sticks	French Fries Onion Rings Streaky Bacon Burger Cheese	Tikka Chicken Hash Brown Bites Ricotta, Spinach Pasta Garlic Butter Pizza Slice	Rice & Pea Creamy Coconut Curry Flatbread Buttery Mash Potato	Mozzarella Sticks Hash Brown Bites Chicken Wings Coleslaw	
Salad bar	A selection of salads, cold cuts and cheeses with dressings.						