

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Porridge	Porridge	Porridge	Porridge	Porridge	Porridge to Order	Porridge to Order
Grilled Bacon	Grilled Bacon	Grilled Bacon	Grilled Bacon	Grilled Bacon	Grilled Bacon	Grilled Bacon
Sausage	Sausage	Sausage	Sausage	Sausage	Sausage	Sausage
Fried Eggs	Poached Eggs	Fried Eggs	Poached Egg	Fried Eggs	Fried Eggs	Fried Eggs
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Poached Eggs	Scrambled Eggs
Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs		
Baked Beans	Baked Beans Tomatoes	Baked Beans	Baked Beans Spaghetti Rings	Baked Beans Mushrooms	Baked Beans Tinned Tomatoes	Baked Beans Tinned Tomatoes
	Black Pudding	MyBreakfast Special (Sausage Pattie, Egg, English Muffin)			Mushrooms	Mushrooms
Hash Browns		Hash Browns	Hash Browns		Hash Browns	Hash Browns
Toast	Toast	Toast	Toast	Toast	Toast	Toast

Please note that the above menus are subject to change, please check daily display menu

If you have any concerns regarding Allergens in any of the food or drink we serve, please speak to our staff before placing your order

Myerscough College Catering Services
RR Menu Week 1; 20_21

		Monday	Tuesday	Wednesday	Thursday	Friday
i c h m o n d , s L u n c h M e n u W e e k	Vegetarian Soup	Tomato & Basil Soup (V)	Lentil Soup (V,C)	Red Pepper & Tomato Soup (V)	Cream of Mushroom Soup (V)	Broccoli & Cheese Soup (V)
	Meat Snack Item (1)	Chicken Burger	Tomato and Basil Sauce	Hot Roasted Beef Sandwich	Quorn Chilli Sauce	Chicken Ciabatta
	Meat Snack Item (2)	-	Cheese Sauce	-	BBQ Chicken Torino Sauce	Battered Fish
	Meat Snack Item (3)	-	Meatball Sauce	-	Banger & Beans Sauce	-
	Vegetarian Snack Item (1)	Vegetarian Nuggets (V)	Egg Noodles (C)	Roasted Vegetable Sandwich (V)	Egg Noodles (C)	Cheese & Onion Ciabatta (V)
	Vegetarian Snack Item	-	Tri-Coloured Pasta (C)	-	Tri-Coloured Pasta (C)	-
	Vegetarian Snack Item	-	Brown Rice (C)	-	Rice (C)	-
	Side Dish (1)	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes
	Side Dish (2)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
	Jacket Potato Filling	Chilli Con Carne / Brown Rice (C)	Beef Madras / Brown Rice (C)	Chicken and Smoked Bacon Carbonara / Pasta (C)	Sweet & Sour Chicken / Rice (C)	Beef Bolognese / Pasta (C)
	Vegetable (1)	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable
	Sauce	Gravy (GF); Curry Sauce	Gravy (GF)	Gravy (GF); Curry Sauce	Gravy (GF)	Gravy (GF); Curry Sauce
	Cold Pudding	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit

Please note that the above menus are subject to change, please check daily display menu
If you have any concerns regarding Allergens in any of the food or drink we serve, please speak to our staff before placing your order

Further Information:

V denotes vegetarian dish

Vv denotes Vegan dish

P denotes Protein Dish

Myerscough College Catering Services
RR Menu Week 1 20_21

		Monday	Tuesday	Wednesday	Thursday	Friday
P e r R i c h m o n d . s L u n c h M e n u W e e k	Vegetarian Soup	Tomato & Basil Soup (V)	Lentil Soup (V,C)	Red Pepper & Tomato Soup (V)	Cream of Mushroom Soup (V)	Broccoli & Cheese Soup (V)
	Main Meal (1)	Chicken Tikka Masala	Beef Madras	Hunters Chicken (P)	Steak & Ale with Yorkshire Pudding	Battered Fish (P)
	Main Meal (2)	Chilli Con Carne	Grilled Gammon with Pineapple (P)	Quiche Lorraine	Chicken Korma	Ham, Cheese and Onion Quiche
	Vegetarian Main Meal	Cherry Tomato and Red Onion Quiche (V)	Leek & Potato Bake (V)	Spinach & Ricotta Canneloni (V)	Cheese & Tomato Omelettes (V)	Vegetable Lasagne (V)
	Side Dish (1)	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Roasted Potatoes (C)	Chipped Potatoes
	Side Dish (2)	Brown Rice (C)	Brown Rice (C)	-	Rice (C)	Parsley New Potatoes (C)
	Side Dish (2)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
	Vegetable (1)	Baton Carrot (C)	Green Beans	Cauliflower	Peas (C)	Mushy Peas
	Vegetable (2)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)
	Sauce	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)

Please note that the above menus are subject to change, please check daily display menu
If you have any concerns regarding Allergens in any of the food or drink we serve, please speak to our staff before placing your order

Further Information:

V denotes vegetarian dish

Vv denotes Vegan dish

P denotes Protein Dish

Myerscough College Catering Services
RR Menu Week 1; 20_21

		Monday	Tuesday	Wednesday	Thursday	Friday
R i c h m o n d a y D i n n e r M e n u W e e k 1	Soup	Tomato & Basil Soup (V)	Lentil Soup (V,C)	Red Pepper & Tomato Soup (V)	Cream of Mushroom Soup (V)	Broccoli & Cheese Soup (V)
	Main Meal (1)	Meat & Potato Pie	Italian Meatballs in Tomato Sauce	Chunky Farmhouse Sausages in Onion Gravy, Yorkshire Pudding	Beef Lasagne	Bread Chicken & Garlic Mayo (P)
	Main Meal (2)	Chicken & Ham Arbiatta	Pork Steak with Creamy Pepper Sauce (P)	Chicken Korma	Chicken & Sweetcorn Pie	Minted Lamb Steak (P)
	Vegetarian Main Meal (3)	Quorn and Leek Pie (V, P)	Quorn Sausage & Pasta Bake (V, P)	Spinach & Ricotta Cannelloni with Tomato Sauce	Vegetable Lasagne	Cheese & Tomato Omelette
	Side Dish (1)	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Spicy Wedges
	Side Dish (2)	Pasta (C) / Fondant Potatoes (C)	Pasta (C) / Parsley Buttered Potatoes (C)	Rice (C) / Mashed Potatoes (C)	Sweet Potato Wedges (C)	Pasta (C)
	Side Dish (3)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
	Vegetable (1)	Peas (C)	Broccoli	Peas (C)	Baton Carrots (C)	Sweetcorn & Red Peppers
	Vegetable (2)	Savoy Cabbage	Carrot (C)	Sweetcorn	Roasted Vegetables	Green Beans
	Vegetable (3)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)
	Sauce	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)
	Hot Pudding	Fruit Crumble with Custard	-	Chocolate, Strawberry, Vannilla Ice-cream with Selection of Toppings and Sauce	Toffee Topped Sponge & Custard	-
	Cold Pudding	Chocolate Muffin	Chocolate Gateaux	Blueberry Muffin	Cranberry Chip Cookie	Assorted Sweets

Please note that the above menus are subject to change, please check daily display menu
If you have any concerns regarding Allergens in any of the food or drink we serve, please speak to our staff before placing your order

Further Information:

V denotes vegetarian dish

Vv denotes Vegan dish

P denotes Protein Dish

Myerscough College Catering Services
RR Menu Week 2; 20_21

		Monday	Tuesday	Wednesday	Thursday	Friday
R i c h m o n d ' s L u n c h M e n u W e e k 2	Vegetarian Soup	Leek and Potato Soup (V,C)	Carrot & Coriander Soup (V,C)	Tomato Soup (V)	Butternut Squash Soup (V)	Cream of Vegetable Soup (V, C)
	Meat Snack Item (1)	Hot Dog in a Bun with Onions	Tomato and Basil Sauce	Meat Pizza	Roasted Vegetable Sauce	Ham or Pepperoni Ciabatta
	Meat Snack Item (2)	-	Cheese Sauce	-	Carbonara Sauce	Battered Fish
	Meat Snack Item (3)	-	Meatball Sauce	-	Bolognese Sauce	-
	Vegetarian Snack Item (1)	Quorn Sausage in a Bun with Onion (V)	Egg Noodles (C)	Vegetarian Pizza	Egg Noodles (C)	Vegetarian Ciabatta (V)
	Vegetarian Snack Item (2)	-	Tri-Coloured Pasta (C)	-	Tri-Coloured Pasta (C)	-
	Vegetarian Snack Item (3)	-	Rice (C)	-	Rice (C)	-
	Side Dish (1)	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes
	Side Dish (2)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
	Jacket Potato Filling	Sweet Thai Chilli Vegetables (Vv) / Rice (C)	BBQ Sausage / Pasta (C)	Beef Bolognasie / Pasta (C)	Sweet & Sour Chicken / Rice (C)	Chilli Con Carne / Brown Rice (C)
	Vegetable (1)	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable
	Sauce	Gravy (GF); Curry Sauce	Gravy (GF)	Gravy (GF); Curry Sauce	Gravy (GF)	Gravy (GF); Curry Sauce
	Cold Pudding	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit

Please note that the above menus are subject to change, please check daily display menu
If you have any concerns regarding Allergens in any of the food or drink we serve, please speak to our staff before placing your order

Further Information:

V denotes vegetarian dish

Vv denotes Vegan dish

P denotes Protein Dish

Myerscough College Catering Services
UR Menu Week 2; 20_21

		Monday	Tuesday	Wednesday	Thursday	Friday
U P P E R R i c h m o n d . s L u n c h M e n u W e e k 2	Vegetarian Soup	Leek and Potato Soup (V,C)	Carrot & Coriander Soup (V,C)	Tomato Soup (V)	Butternut Squash Soup (V)	Cream of Vegetable Soup (V, C)
	Meat Soup	Beef & Tomato Soup	Cock a Leekie Soup	Pea & Ham Soup	Vegetable & Chorizo Soup	Chicken & Sweetcorn Soup
	Main Meal (1)	Ham & Red Onion Quiche	Grilled Cumberland Rings with Tomato	Beef Madras	BBQ Chicken Melt	Battered Fish (P)
	Main Meal (2)	Lamb Rogan Josh	Chicken Korma	Chicken & Ham Carbonara	Beef Chilli	Ham, Cheese and Onion Quiche
	Vegetarian Main Meal	Macaroni Cheese (V)	Quorn Mince and Dumplings (V, P)	Stir Fry Vegetables in Sweet Chilli Sauce (Vv)	Cheese, Tomato & Red Onion Quiche (V)	Cheese & Potato Pie (V)
	Side Dish (1)	Chipped Potatoes	Garlic Roasted New Potatoes (C)	Chipped Potatoes	Sweet Potato Wedges (C)	Chipped Potatoes
	Side Dish (2)	Rice (C)	Rice (C)	Brown Rice (C) / Pasta (C)	Brown Rice (C)	Buttered New Potatoes (C)
	Side Dish (2)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
	Vegetable (1)	Baton Carrots (C)	Sweetcorn	Broccoli	Sweetcorn	Mushy Peas
	Vegetable (2)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)
	Sauce	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)

Please note that the above menus are subject to change, please check daily display menu
If you have any concerns regarding Allergens in any of the food or drink we serve, please speak to our staff before placing your order

Further Information:

V denotes vegetarian dish

Vv denotes Vegan dish

P denotes Protein Dish

Myerscough College Catering Services
RR Menu Week 2; 20_21

		Monday	Tuesday	Wednesday	Thursday Carvery Themed Night	Friday
R i c h m o n d a y D i n n e r M e n u W e e k 2	Soup	Leek and Potato Soup (V,C)	Carrot & Coriander Soup (V,C)	Tomato Soup (V)	Butternut Squash Soup (V)	Cream of Vegetable Soup (V, C)
	Main Meal (1)	Steak & Onion Pie	Breaded Chicken with Garlic Mayonnaise (P)	Cajun Chicken with a Tomato Salsa (P)	Roast Beef & Yorkshire Pudding (P)	Hunter's Chicken (P)
	Main Meal (2)	Chicken Fillet in a Tomato and Basil Sauce and topped with Mozzarella (P)	Grilled Gammon, Tomato and Mushrooms (P)	Shepherds Pie	Roast Ham (P)	Beef Madras
	Vegetarian Main Meal (3)	Chickpea & Spinach Curry (V)	Butternut Squash & Ricotta Pasta Bake (V)	Vegetarian Stuffed Jacket Potatoes (V)	Roasted Stuffed Peppers with Cous Cous (Vv)	Quorn Boston Bean Bake (V)
	Side Dish (1)	Mashed Potatoes (C)	Boulangere Potatoes	Rice (C) / Garlic Roasted New Potatoes	Buttered New Potatoes (C)	Golden Rice (C)
	Side Dish (2)	Chipped Potatoes / Rice (C) Brown	Chipped Potatoes	Chipped Potatoes	Roasted Potatoes (C)	Spicy Wedges
	Side Dish (3)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
	Vegetable (1)	Sliced Carrot (C)	Corn on the Cob	Green Beans	Peas (C)	Broccoli
	Vegetable (2)	Peas (C)	Broccoli	Sliced Carrot (C)	Mashed Carrot & Swede (C)	Sweetcorn
	Vegetable (3)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)
	Sauce	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)
	Hot Pudding	Rice Pudding	-	Apple Pie and Custard	Syrup Sponge & Custard	-
Cold Pudding	Doughnuts	Scones	Choc Chip Cookie	Strawberry Gateaux	Assorted Sweets	

Please note that the above menus are subject to change, please check daily display menu

If you have any concerns regarding Allergens in any of the food or drink we serve, please speak to our staff before placing your order

Further Information:

V denotes vegetarian dish

Vv denotes Vegan dish

P denotes Protein Dish

Myerscough College Catering Services
RR Menu Week 3; 20_21

		Monday	Tuesday	Wednesday	Thursday	Friday
R i c h m o n d , s L u n c h M e n u W e e k 3	Vegetarian Soup	Tomato & Basil Soup (V)	Lentil Soup (V,C)	Red Pepper & Tomato Soup (V)	Cream of Mushroom Soup (V)	Broccoli & Cheese Soup (V)
	Meat Snack Item (1)	Chicken Burger in a Bun	Tomato and Basil Sauce	Fish Finger Barm	Quorn Chilli Sauce	Cheese & Pepperoni Ciabatta
	Meat Snack Item (2)	-	Cheese Sauce	-	BBQ Chicken Torino Sauce	Battered Fish
	Meat Snack Item (3)	-	Meatball Sauce	-	Banger & Beans Sauce	-
	Vegetarian Snack Item (1)	Vegetarian Burger (V)	Egg Noodles (C)	Vegetrain Nuggets (V)	Egg Noodles (C)	Cheese & Tomato Ciabatta (V)
	Vegetarian Snack Item (2)	-	Tri-Coloured Pasta (C)	-	Tri-Coloured Pasta (C)	-
	Vegetarian Snack Item (3)	-	Brown Rice (C)	-	Rice (C)	-
	Side Dish (1)	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes
	Side Dish (2)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
	Jacket Potato Filling	Vegetrian Chilli / Rice (C)	Beef Madras / Brown Rice (C)	Meatballs in Tomato Sauce / Pasta (C)	Sweet & Sour Chicken / Rice (C)	Beef Bolognaise / Pasta (C)
	Vegetable (1)	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable
	Sauce	Gravy (GF); Curry Sauce	Gravy (GF)	Gravy (GF); Curry Sauce	Gravy (GF)	Gravy (GF); Curry Sauce
	Cold Pudding	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit

Please note that the above menus are subject to change, please check daily display menu
If you have any concerns regarding Allergens in any of the food or drink we serve, please speak to our staff before placing your order

Further Information:

V denotes vegetarian dish

Vv denotes Vegan dish

P denotes Protein Dish

Myerscough College Catering Services
RR Menu Week 3; 20_21

		Monday	Tuesday	Wednesday	Thursday	Friday
U P P E R R I C H M O N D ' S L U N C H M E N U W E E K 3	Vegetarian Soup	Tomato & Basil Soup (V)	Lentil Soup (V,C)	Red Pepper & Tomato Soup (V)	Cream of Mushroom Soup (V)	Broccoli & Cheese Soup (V)
	Main Meal (1)	Chicken Tikka Masala	Beef Madras	BBQ Chicken Melt (P)	Steak & Ale with Yorkshire Pudding	Battered Fish (P)
	Main Meal (2)	Chilli Con Carne	Grilled Gammon with Pineapple (P)	Quiche Lorraine	Chicken Korma	Ham, Cheese and Onion Quiche
	Vegetarian Main Meal	Cherry Tomato and Red Onion Quiche (V)	Leek & Potato Bake (V)	Spinach & Ricotta Canneloni (V)	Cheese & Tomato Omelettes (V)	Vegetable Lasagne (V)
	Side Dish (1)	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Roasted Potatoes (C)	Chipped Potatoes
	Side Dish (2)	Brown Rice (C)	Brown Rice (C)	-	Rice (C)	Parsley New Potatoes (C)
	Side Dish (2)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
	Vegetable (1)	Baton Carrot (C)	Green Beans	Cauliflower	Peas (C)	Mushy Peas
	Vegetable (2)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)
	Sauce	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)

Please note that the above menus are subject to change, please check daily display menu
If you have any concerns regarding Allergens in any of the food or drink we serve, please speak to our staff before placing your order

Further Information:

V denotes vegetarian dish

Vv denotes Vegan dish

P denotes Protein Dish

Myerscough College Catering Services
RR Menu Week 3; 20_21

		Monday	Tuesday Pizza Themed Night	Wednesday	Thursday	Friday
R i c h m o n d ' s D i n n e r M e n u W e e k 3	Soup	Tomato & Basil Soup (V)	Lentil Soup (V,C)	Red Pepper & Tomato Soup (V)	Cream of Mushroom Soup (V)	Broccoli & Cheese Soup (V)
	Main Meal (1)	Steak & Ale with Yorkshire Pudding	Hawaiian Meat Feast Tuna & Sweetcorn BBQ Chicken Roasted Vegetable (V) Margherita (V)	Roast Chicken with Sage & Onion Stuffing	Steak Pie	Chicken Korma
	Main Meal (2)	Grilled Pork Steak with Creamy Peppercorn Sauce (P)	Pasta Bolognaise	Tuna Pasta Bake	Grilled Gammon, Tomato and Mushrooms (P)	Cheese Burgers in a Bun
	Vegetarian Main Meal (3)	Leek & Potato Bake (V)	Spinach & Ricotta Cannelloni with Cheese Sauce (V)	Quorn Mince and Dumplings (V)	Vegetable Lasagne (V)	Quorn Stir Fry with Sweet Thai Chilli Sauce (V,P)
	Side Dish (1)	Chipped Potatoes	Curly Potatoes	Roasted Potatoes (C)	Chipped Potatoes	Spicy Wedges
	Side Dish (2)	Mashed Potatoes (C)	-	New Potatoes (C)	Buttered Parsley Potatoes (C)	Rice (C)
	Side Dish (3)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
	Vegetable (1)	Sliced Carrots (C)	Peas & Sweetcorn (C)	Cauliflower	Broccoli	Sweetcorn
	Vegetable (2)	Peas (C)	-	Sliced Carrots (C)	Baton Carrots (C)	Green Beans
	Vegetable (3)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)
	Sauce	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)
	Hot Pudding	Fruit Crumble with Custard	-	Chocolate Sponge and Chocolate Sauce	Toffee Topped Sponge & Custard	-
	Cold Pudding	Chocolate Muffin	Chocolate Gateaux	Blueberry Muffin	Cranberry Chip Cookie	Assorted Sweets

Please note that the above menus are subject to change, please check daily display menu

If you have any concerns regarding Allergens in any of the food or drink we serve, please speak to our staff before placing your order

Further Information:

V denotes vegetarian dish

Vv denotes Vegan dish

P denotes Protein Dish

Myerscough College Catering Services
RR Menu Week 4; 20_21

		Monday	Tuesday	Wednesday	Thursday	Friday
R i c h m o n d . s L u n c h M e n u W e e k 4	Vegetarian Soup	Leek and Potato Soup (V,C)	Carrot & Coriander Soup (V,C)	Tomato Soup (V)	Butternut Squash Soup (V)	Cream of Vegetable Soup (V, C)
	Meat Snack Item (1)	Cajun Chicken Wrap	Tomato and Basil Sauce	Cheese & Ham Pizza	Roasted Vegetable Sauce	Beef Burger in a Bun
	Meat Snack Item (2)	-	Cheese Sauce	-	Carbonara Sauce	Battered Fish
	Meat Snack Item (3)	-	Meatball Sauce	-	Bolognese Sauce	-
	Vegetarian Snack Item (1)	Macaroni Cheese (V)	Egg Noodles (C)	Cheese & Tomato Pizza	Egg Noodles (C)	Vegetrian Burger in a Bun
	Vegetarian Snack Item (2)	-	Tri-Coloured Pasta (C)	-	Tri-Coloured Pasta (C)	-
	Vegetarian Snack Item (3)	-	Rice (C)	-	Rice (C)	-
	Side Dish (1)	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes	Chipped Potatoes
	Side Dish (2)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
	Jacket Potato Filling	Tomato BBQ Sausage / Pasta (C)	Sweet Thai Chilli Vegetables (Vv) / Rice (C)	Beef Bolognasie / Pasta (C)	Sweet & Sour Chicken / Rice (C)	Chicken Curry / Rice (C)
	Vegetable (1)	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable	Baked Beans (C) & Vegetable
	Sauce	Gravy (GF); Curry Sauce	Gravy (GF)	Gravy (GF); Curry Sauce	Gravy (GF)	Gravy (GF); Curry Sauce
	Cold Pudding	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit	Assorted Traybakes, Assorted Flavoured Yogurts and Fresh Fruit

Please note that the above menus are subject to change, please check daily display menu
If you have any concerns regarding Allergens in any of the food or drink we serve, please speak to our staff before placing your order

Further Information:

V denotes vegetarian dish

Vv denotes Vegan dish

P denotes Protein Dish

Myerscough College Catering Services
RR Menu Week 4; 20_21

		Monday	Tuesday	Wednesday	Thursday	Friday
U p p e r R i c h m o n d ' s L u n c h M e n u w e e k 4	Vegetarian Soup	Leek and Potato Soup (V,C)	Carrot & Coriander Soup (V,C)	Tomato Soup (V)	Butternut Squash Soup (V)	Cream of Vegetable Soup (V, C)
	Main Meal (1)	Savory Mince and Dumplings	Beef Lasagne	Beef Madras	Tomato & Cheese Quiche	Battered Fish (P)
	Main Meal (2)	Ham, Cheese & Onion Quiche	Chicken Korma	Grilled Salmon (P)	Hunters Chicken	Chicken Tikka Masala
	Vegetarian Main Meal	Macaroni Cheese (V)	Vegetable Quiche (V)	Cheese & Tomato Omelette (V)	Chick Pea and Spinach Curry (V)	Cheese & Red Onion Quiche (V)
	Side Dish (1)	Sweet Potato Wedges	Roasted Garlic and Rosemary New Potatoes	Parsley New Potatoes	Spicy Potato Wedges	Chipped Potatoes
	Side Dish (2)	-	Rice (C)	Brown Rice (C)	Brown Rice (C)	Rice (C)
	Side Dish (2)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
	Vegetable (1)	Peas (C)	Green Beans	Baton Carrot (C)	Sweetcorn	Mushy Peas
	Vegetable (2)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)
	Sauce	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)

Please note that the above menus are subject to change, please check daily display menu
If you have any concerns regarding Allergens in any of the food or drink we serve, please speak to our staff before placing your order

Further Information:

V denotes vegetarian dish

Vv denotes Vegan dish

P denotes Protein Dish

Myerscough College Catering Services
RR Menu Week 4; 20_21

		Monday	Tuesday MyKentucky Themed Night	Wednesday	Thursday Carvery Themed Night	Friday
R i c h m o n d ' s D i n n e r M e n u w e e k 4	Soup	Leek and Potato Soup (V,C)	Carrot & Coriander Soup (V,C)	Tomato Soup (V)	Butternut Squash Soup (V)	Cream of Vegetable Soup (V, C)
	Main Meal (1)	Meat & Potato Pie	MyKentucky Fillet (Lightly Seasoned Chicken Fillet) with Hash Brown	Chicken Tikka Masala	Roast Beef & Yorkshire Pudding (P)	Beef Strips in Chilli Sauce
	Main Meal (2)	Cumberland Sausage Ring with Tomato and Mushrooms	MyZinger Fillet (Spicy Chicken Fillet) with Hash Brown	Mixed Grill (P) Bacon Chop, Sausage, Mushrooms and Tomato)	Roast Pork loin with Crackling and Apple Sauce (P)	BBQ Pork Steak
	Vegetarian Main Meal (3)	Cauliflower & Broccoli Bake (V)	Vegetarian Nuggets (V)	Mushroom Stroganoff (V)	Roasted Stuffed Peppers with Cous Cous (Vv)	Feta & Red Onion Tart (V)
	Side Dish (1)	Fondant Potatoes (C)	Thin Fries	Savoury Rice (C) / Parsley Buttered Boiled Potatoes (C)	Buttered New Potatoes (C)	Rice (C)
	Side Dish (2)	Chipped Potatoes	Sweet Potato Wedges	Chipped Potatoes	Roasted Potatoes (C)	Spicy Wedges
	Side Dish (3)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)	Jacket Potatoes (C)
	Vegetable (1)	Sliced Carrot (C)	Corn on the Cob	Baton Carrot (C)	Peas (C)	Roasted Vegetables
	Vegetable (2)	Savoury Cabbage	Garlic Mayo / Salad Bowl	Green Beans	Mashed Carrot & Swede (C)	Sweet Corn
	Vegetable (3)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)	Baked Beans (C)
	Sauce	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)	Gravy (GF)
	Hot Pudding	Rice Pudding	-	Apple Pie and Custard	Syrup Sponge & Custard	-
	Cold Pudding	Doughnuts	Scones	Choc Chip Cookie	Strawberry Gateaux	Assorted Sweets

Please note that the above menus are subject to change, please check daily display menu
If you have any concerns regarding Allergens in any of the food or drink we serve, please speak to our staff before placing your order

Further Information:

V denotes vegetarian dish

Vv denotes Vegan dish

P denotes Protein Dish