

ACS Hillingdon Food Court, Late Summer/Autumn 2009 Lunch Menu

Mon	Tues	Wed	Thur	Fri
Week 1 Commencing: 24/08/09; 28/09/09; 09/11/09;				
Sweet & Sour Chicken; (V) Sweet & Sour Tofu; Steamed Noodles; Stir Fry Vegetables	Ground Beef Chilli Con Carne; (V) Veggie Chilli; Rice; Peas; Carrots	Southern Fried Chicken; (V) Tomato Risotto; Potato Wedges; Mini Corn on the Cob	Chef's Choice of Fish; (V) Chick Pea Patties; Mashed Potato; Steamed Broccoli	Beef Bolognese; (V) Macaroni Cheese; Pasta; Sautè Courgettes & Peppers
Week 2 Commencing: 31/08/09; 05/10/09; 02/11/09				
Smokey BBQ Chicken; (V) Stuffed Baked Peppers; Potato Wedges; Mange Tout; Sugar Snaps	Jambalaya (Creole Chicken & Fish Stew); (V) Veggie Jambalaya; Mixed Vegetables; Garlic Bread	Honey Roast Ham & Trimmings; (V) Cheese & Leek Pasties; Roast Potatoes; Seasonal Vegetables;	Cajun Chicken Fajitas; (V) Tofu Tacos; Steamed Rice; Peas & Corn	Homemade Pizza Selection; (V) Homemade Pizza; Chef's Special Vegetables
Week 3 Commencing: 07/09/09; 12/10/09; 23/11/09				
Chargrilled Burgers; (V) Veggie Burger; Potato Wedges; Trio of Vegetables	Garlic & Coriander Chicken; (V) Moussaka; Cous Cous; Green Beans; Carrots	Chef's Choice of Fish; (V) Roast Squash & Red Pepper Gnocci; Mashed Potato; Minted Peas	Creamy Chicken & Sweetcorn Pie; (V) Roast Vegetable Pie; Roast Potatoes; Steamed Vegetables	Moroccan Lamb; (V) Aubergine Tagine; Rice; Sautè Vegetables
Week 4 Commencing: 14/09/09; 26/10/09;				
Traditional Pork Sausages; (V) Glamorgan Veggie Bangers; Mashed Potato; Peas	Chef's Choice of Curry; (V) Veggie Curry; Steamed Rice; Poppadums; Naan Bread	Italian Chicken; (V) Four Cheeses Sauce; Steamed Pasta; Garlic Bread; Carrots	Beef Stew & Dumplings; (V) Vegetable Hot Pot; Roasted New Potatoes; Seasonal Vegetables;	Homemade Pizza Selection; (V) Homemade Pizza Chef's Special Vegetables
Week 5 Commencing: 21/09/09; 02/11/09;				
Tex Mex - Ribs, Wings & Onion Rings; (V) Sweet Potato Patties; Potato Wedges; Lemon Marinated Vegetables	Ground Beef Lasagne; (V) Vegetable Lasagne; Garlic Bread; Steamed Broccoli	Breaded Turkey Escalopes; (V) Breaded Tofu; New Potatoes or Rice; Green Beans	Chef's Choice of Fish; (V) Roasted Vegetable Enchiladas; Chunky Chips; Peas	Beef Stir Fry; (V) Veggie Stir Fry; Steamed Noodles; Wok Fried Vegetables; Chinese Greens

*All our menus are freshly produced using the finest ingredients each day.
Menu maybe subject to change at short notice.*