

Lincoln College

Sample Menu for 1 week

Daily Breakfast

Bacon, Eggs (Poached, Fried, Scrambled or Boiled)

Extras to accompany selected from - Grilled Tomatoes, Sauteed Mushrooms, Hash Browns, Pancakes.

Selection of cereals.

Selection of hot and cold beverages.

Monday

Lunch

Calzones w Salami, Mozzarella & Tomato

Vegetarian option: Spicy 3 Bean & Tomato

Calzone

Dinner

Thai Themed Night, including vegetarian options.

Tuesday

Lunch

Chicken Yiros

Vegetarian option: Falafel Yiros & w Tzatziki and Hommus

Dinner

Pork Chops w/ Grilled Pineapple (H)

5 Spice Chicken

Vegetarian option: Vegetarian Farmhouse Pie

Wednesday

Lunch

Homemade Quiches

Vegetarian option: Sweet Potato & Leek

Frittata

Dinner

Swiss Chicken Schnitzels

Beef & Char Grilled Vegetables (H)

Vegetarian option: Eggplant Parmigiana

Thursday

Lunch

Noodle Stir Fry

Vegetarian option: Vegetarian Noodle Stir Fry

Dinner

Chicken Lasagne (H)

Beef Bolognaise

Vegetarian option: Gnocchi w Herbs &

Roasted Vegetables

Friday

Lunch

Seafood Baskets

Vegetarian option: Tomato, Basil & Spanish

Onion Bruschetta

Dinner

Tandoori Chicken

Oven Baked John Dory (H)

Vegetarian option: Indian Dahl & Coconut

Rice

Saturday

Lunch

Lamburgers

Vegetarian option: Citrus Tofu Stir fry

Dinner

Honey Chicken

Braised Beef & Broccoli (H)

Vegetarian option: Crumbed Risotto Balls

Sunday

Brunch

Bacon, Eggs, Yoghurts, Homemade Cheese &

Bacon Scrolls

Assorted Fresh Rolls

Vegetarian option: Chick Pea Curry

Dinner

Skinless Roast Chicken (H)

Roast Lamb

Vegetarian option: Roasted Vegetarian Loaf