

# Sample menu for one week

The Kensington Colleges and Fig Tree Hall

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Breakfast</i>	Continental breakfast	Chipolata sausages pesto scrambled eggs, baked beans	Continental breakfast, carrot & walnut muffins	Poached eggs, grilled bacon, banana bread	Continental breakfast	Sausages, eggs, french toast, grilled tomatoes & porridge	Bacon, eggs, hash browns, baked beans & porridge
	Wake up to a daily selection of 14 varieties of cereals, full cream & low fat milk, soya milk, assorted breads for toasting including muffins & crumpets, hi-fibre options, spreads, preserves, poached and fresh fruit pieces accompanied by 100% fruit juice, tea, coffee and fresh seasonal fruit salad						
<i>Lunch special</i>	Mexican style beef nachos with sour cream & shredded cheese	Chicken tandoori burger with a yoghurt raita or beef burgers on brioche	Greek style chicken souvlaki with tzatziki & hommus	Vietnamese chicken or pork rolls with fillings	Fish cocktails, salt n' pepper squid & calamari rings with french fries	Ham & cheese toasted sandwiches, hot cakes with maple syrup	Assorted sweet muffins & hot dogs
<i>Vegetarian</i>	Spicy bean salsa with chunky vegetables	Curried potato & chick pea patties on damper rolls	Grilled tofu & vegetables on pita bread	Vietnamese vegetable rolls	Grilled vegetable & herb paella		
<i>Salad bar</i>	Daily selection of freshly made salads including compound salads & mixed salads, plus salad condiments, dressings & fresh fruit pieces						
<i>Sandwich bar</i>	Daily selection of wholemeal & multi-grain breads with assorted deli meats, salads & condiments						
<i>Dinner</i>	Cajun spiced chicken breast with a moroccan saffron sauce	Grilled rump steaks served with a pink peppercorn sauce	Moroccan spiced lamb tagine with yoghurt & chermula & couscous	Mild thai green chicken curry with lemongrass & coriander	Traditional beef lasagna with a crunchy mozzarella topping	Grilled chicken marylands with a peri peri seasoning	Stir fried beef in black bean sauce with crunchy vegetables served with prawn crackers
<i>Vegetarian</i>	Pumpkin, ricotta hunza rolls	Sweet potato, lemon & roasted peppers risotto cakes	Vegetable tagine with chickpeas & fruits	Vegetable pad thai with coriander, lime leaves & bean sprouts	Potato gnocchi with a lemon, roasted garlic & oregano sauce	Vegetable & polenta stacks with a mushroom sauce	Stir fried vegetable & tofu singapore noodles
<i>Vegetables</i>	Mashed potatoes sesame honey pumpkin, peas & bean medley	Steamed broccoli with red peppers cream potatoes, baton carrots	Cumin spiced potatoes corn kernels, steamed cauliflower with chives	Pilaf rice, stir fried vegetables, crunchy poppadums	Grilled zucchinis baton carrots, corn on the cob	Potato wedges, steamed broccoli, sesame & honey pumpkin	Wok tossed asian greens, steamed asian cut carrots, steamed jasmine rice
<i>Salad bar</i>	Daily special salad, fresh green garden salad, compound salads plus a daily selection of wholemeal, multi-grain & high-fibre white breads, butter, margarine & spreads, assorted milks & juices & fresh fruit salad						
<i>Dessert</i>	Caramel & chocolate mud cake	Flavoured ice cream with toppings, sprinkles & cones	Sticky toffee pudding with butterscotch sauce	Mango, passionfruit & green tea gelato	Homemade chocolate slice with chantilly cream	Banana or orange & poppy seed cake slices with sour cream icing	Flavoured ice cream with toppings, sprinkles & cones