## Sample menu for one week

The Kensington Colleges and Fig Tree Hall

### Breakfast
- **Monday:** Continental breakfast, chipolata sausages, pesto scrambled eggs, baked beans
- **Tuesday:** Continental breakfast, carrot & walnut muffins
- **Wednesday:** Poached eggs, grilled bacon, banana bread
- **Thursday:** Continental breakfast, carrot & walnut muffins
- **Friday:** Sausages, eggs, french toast, grilled tomatoes & porridge
- **Saturday:** 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.**

### Lunch special
- **Monday:** Mexican style beef nachos with sour cream & shredded cheese
- **Tuesday:** Chicken tandoori burger with a yoghurt raita or beef burgers on brioche
- **Wednesday:** Greek style chicken souvlaki with tzatziki & hummus
- **Thursday:** Vietnamese chicken or pork rolls with fillings
- **Friday:** Fish cocktails, salt n’ pepper squid & calamari rings with french fries
- **Saturday:** Ham & cheese toasted sandwiches, hot cakes with maple syrup
- **Sunday:** Assorted sweet muffins & hot dogs

### Vegetarian
- **Monday:** Spicy bean salsa with chunky vegetables
- **Tuesday:** Curried potato & chick pea patties on damper rolls
- **Wednesday:** Grilled tofu & vegetables on pita bread
- **Thursday:** Vietnamese vegetable rolls
- **Friday:** Grilled vegetable & herb paella

### Salad bar
- **Daily selection of freshly made salads including compound salads & mixed salads, plus salad condiments, dressings & fresh fruit pieces.**

### Sandwich bar
- **Daily selection of wholemeal & multi-grain breads with assorted deli meats, salads & condiments.**

### Dinner
- **Monday:** Cajun spiced chicken breast with a moroccan saffron sauce
- **Tuesday:** Grilled rump steaks served with a pink peppercorn sauce
- **Wednesday:** Moroccan spiced lamb tagine with yoghurt & chermula & couscous
- **Thursday:** Mild thai green chicken curry with lemongrass & coriander
- **Friday:** Traditional beef lasagna with a crunchy mozzarella topping
- **Saturday:** Grilled chicken marylands with a peri peri seasoning
- **Sunday:** Stir fried beef in black bean sauce with crunchy vegetables served with prawn crackers

### Vegetarian
- **Monday:** Pumpkin, ricotta hunza rolls
- **Tuesday:** Sweet potato, lemon & roasted peppers risotto cakes
- **Wednesday:** Vegetable tagine with chickpeas & fruits
- **Thursday:** Vegetable pad thai with coriander, lime leaves & bean sprouts
- **Friday:** Potato gnocchi with a lemon, roasted garlic & oregano sauce
- **Saturday:** Vegetable & polenta stacks with a mushroom sauce
- **Sunday:** Stir fried vegetable & tofu singapore noodles

### Vegetables
- **Monday:** Mashed potatoes sesame honey pumpkin, peas & bean medley
- **Tuesday:** Steamed broccoli with red peppers cream potatoes, bacon carrots
- **Wednesday:** Cumin spiced potatoes corn kernels, steamed cauliflower with chives
- **Thursday:** Pilaf rice, stir fried vegetables, crunchy poppadums
- **Friday:** Grilled zucchinis, baton carrots, corn on the cob
- **Saturday:** Potato wedges, steamed broccoli, sesame & honey pumpkin
- **Sunday:** Wok tossed asian greens, steamed asian cut carrots, steamed jasmine rice

### Salad bar
- **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.**

### Dessert
- **Monday:** Caramel & chocolate mud cake
- **Tuesday:** Flavoured ice cream with toppings, sprinkles & cones
- **Wednesday:** Sticky toffee pudding with butterscotch sauce
- **Thursday:** Mango, passionfruit & green tea gelato
- **Friday:** Homemade chocolate slice with chantilly cream
- **Saturday:** Banana or orange & poppy seed cake slices with sour cream icing
- **Sunday:** Flavoured ice cream with toppings, sprinkles & cones