



FAIRTRADE LUNCH

Thursday, 28th February 2019

12:30PM



Venue

West Herts College Restaurant
Hempstead Road
Watford
WD17 3EZ

Price

£ 8.00 only



**FAIRTRADE
WATFORD AND
THREE RIVERS**

LUNCH MENU



To Start



Secret Soup *

A creamy curry flavoured soup with potato and fair-trade bananas

Chicken & Apricot Salad

Succulent pieces of chicken breast with Fairtrade apricots served on a chiffonade of ice-burg lettuce



Chef's Main Courses



Beef mango & Celery in Red Wine

Prime cut of beef cooked in Fairtrade Red wine and Fairtrade herbs.

Pan-fried Seabass Fillet

Fillet of seabass seasoned with Fairtrade herbs dredge in flour and lightly fried

Mushroom Stroganoff *

Button mushroom cooked in a creamy sauce and served with Fairtrade long-grain Rice.



Something Sweet



Caribbean Banana Loaf

Made from Fairtrade bananas and spices

Indian Spiced Vanilla Chai (Tea)

* All prices inclusive of VAT

* Dishes are prepared in areas where they may come in contact with nuts

* Suitable for vegetarians

To book : 01923 812464 or
reservations@westherts.ac.uk

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