

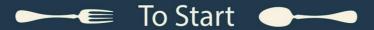
## **FAIRTRADE LUNCH**

Thursday, 28<sup>th</sup> February 2019 12:30PM





### **LUNCH MENU**





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



## **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.



## **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



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

