

Wednesday, 28th February 12:30PM

Fairtrade 3 Course Lunch at the West Herts College Restaurant



This is a charity dinner and the profit goes to http://www.meadowwood.herts.sch.uk/totally-different-play-scheme



LUNCH MENU



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



Beef mango & Celery in Red Wine

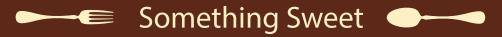
Prime cut of beef cooked in Fairtrade Red wine and Fairtrade herbs.

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