



**FAIRTRADE**  
WATFORD AND  
THREE RIVERS

## FAIRTRADE LUNCH

Thursday, 28<sup>th</sup> February 2019

12:30PM

A top-down illustration of a dining table with a dark blue, vertically-ribbed tablecloth. Eight stylized figures are seated around the table, each with a plate of food and a glass. The food includes a pie, a roasted chicken, a bowl of soup, and a plate of tomatoes. There are also cutlery, a knife, and some decorative elements like leaves and berries scattered on the table. The background is a light yellow color with faint circular patterns.

### Venue

West Herts College Restaurant  
Hempstead Road  
Watford  
WD17 3EZ

### Price

£ 8.00 only



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## 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 : Please contact Michelle at  
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College 