

# Monday

Tomato & basil soup



Plant base tenders wrap with sauteed vegetables



Veggie toad in the hole with onion gravy



Sausages with caramelised apple and onions



Chicken breast with tomato & oregano sauce



# Tuesday

Spinach and leek soup



Stuffed flat mushroom with vegetable quinoa



Aubergine parmigiana



Seabass with wilted greens & lemon oil



Beef lasagna with garlic bread



# Wednesday

Noodle and vegetable broth



Plant based vegetable cottage pie



Leek, and cheddar frittata



Chicken breast with mustard and parsley crust



Chargrilled bacon chop with tabbouleh salad



# Thursday

Roasted pepper soup



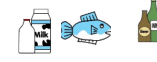
Baked courgette with caponata and basil



Vegetable pie



Fish of the day with white wine sauce and spinach



Roast Turkey with cranberry sauce and gravy



# Cafeteria Lunch Menu

15th-21st April 2024

# Friday

Mushroom & tarragon soup



Stuffed aubergine with pilaf rice, apricot



Mediterranean veg skewers with flat bread



Battered fish, tartare sauce and lemon



BBQ chicken & coleslaw



# Saturday & Sunday (Brunch)

Sausage



Vegan sausage



Bacon



Fried egg



Scrambled egg



Mushrooms



Baked beans



Hash browns



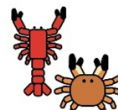
While we take steps to minimise the risk of cross-contamination, all of our products are produced in an environment that contains other allergens.



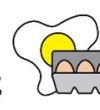
Celery



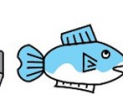
Cereals containing Gluten



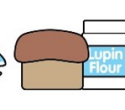
Crustaceans



Egg



Fish



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur Dioxide



# Monday

Mushroom and quinoa cake with salsa verde



Tomato and goats cheese quiche



Tuna pasta bake



Chicken, leek and bacon pasta with mozzarella



# Tuesday

Plant based tender's burger with salad



Margherita pizza with fresh basil and olive oil



Bacon and mushroom pizza



BBQ chicken drumsticks with coleslaw



# Wednesday

Stuffed pepper with beans and vegetables



Lentils bolognese with spaghetti



Chargrilled turkey escalope with garlic and herb

Spaghetti turkey bolognese



# Thursday

Tofu, sweet potato & vegetable stew



Vegetable filo parcel with tomato sauce



Fish of the day with tomato and caper sauce



Bacon chop with grilled pineapple



# Cafeteria Dinner Menus

15th - 21st  
April 2024

# Friday

Three bean and vegetable burrito



Vegetable burger with gherkins and BBQ sauce



Beef burger with cheese and salad



Chicken burger with garlic mayo



# Saturday

Sweet and sour tofu with wild rice



Black bean and vegetable stir fry



Hoisin pork steak with spring onions



Sweet and sour chicken



# Sunday

Eat curious vegetable pie



Vegetable sausages with root vegetables & gravy



Roast Turkey with cranberry sauce and gravy



Pork steak with apple sauce and gravy



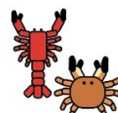
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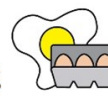
Celery



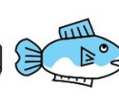
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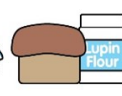
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