Cafeteria Lunch Menus
29th November - 5th December 2021

MONDAY
Spinach, red onion, mushroom and herb gnocchi (g)
Breaded turkey escalope with coleslaw (e,d,g)
Stuffed jacket potato with root vegetable stew (c,d)
Fish of the day

TUESDAY
Butternut squash baked risotto ©
Beef Lasagna (G,C,D,)
Vegetable lasagna (c,g,d)
Fish of the day

WEDNESDAY
Field mushroom, tomato & vegan sausage burger (g,ss)
Breakfast Bap (sausage, egg, bacon) (g,e,ss)
Bacon chop with pineapple salsa (su)
Fish of the day

THURSDAY
Stuffed courgette with tomato sauce (c)
Roast Chicken, sage and onion stuffing with thyme gravy
Cauliflower cheese croquette (mu,d,g)
Fish of the day

FRIDAY
Roasted vegetable and bean taco with salsa (su)
Maple bbq pork ribs (su,mu)
Lemon and garlic chicken breast with dressed greens Battered fish with tartare sauce (g,f)

SATURDAY & SUNDAY
BRUNCH
Sausage, Vegetarian Sausage, Bacon, Fried Egg, Scrambled egg, Mushrooms, Baked beans, Hash browns

(d) = dairy (g) = gluten (f) = fish (c) = celery (cr) = crustaceans (mu) = mustard (p) = peanuts (so) = soya (e) = egg (l) = lupin (mo) = molluscs (n) = nuts (ss) = sesame (su) = sulphites
**MONDAY**
Vegetable stir fry with tofu (so,c,su)  
Chicken stir fry (so,su)  
Sweet and sour vegetables (su,so)  
Fish of the day

**TUESDAY**
Stuffed courgette with cous cous  
and roast vegetables (g)  
Lemon and herb turkey escalope  
Mushroom and bean gratin (g,c)  
Fish of the day

**WEDNESDAY**
Pasta night  
Vegetable bolognese (c,su)  
Beef bolognese (c,su)  
Bacon and mushroom Carbonara (c,su,d)

**THURSDAY**
Vegetable stew (c)  
Lamb and vegetable pie (g,c,su)  
Creamy vegetable pie (g,m,c)  
Fish of the day

**FRIDAY**
Gnocchi bake (g,c)  
Pork schnitzel with coleslaw (g,e,mu,d)  
Hunter’s chicken (su,d)  
Scampi and tartar sauce (g,cr)

**SATURDAY**
Vegetable Burger with salad (g)  
Beef Burger with cheese and salad (g,ss)  
Chicken Burger (g,ss)

**SUNDAY**
Roast chicken with sage and onion stuffing  
and gravy  
Vegetable Wellington (g,c)  
Butternut and leek gratin (g,c,d)  
Fish of the day

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(mo) = molluscs  (n) = nuts  (ss) = sesame  (su) = sulphites