

MONDAY

Arrancini with a tomato sauce (c,so,g)
Pork schnitzel with chili slaw (d,g,e)
Vegetable mousakka (g,d,c)
Fish of the day

TUESDAY

Onion Bharji Burger with pickled veg (g,su,ss)
Beef Burger with tomato and lettuce (ss,g)
Stuffed courgette with roasted vegetables
and cheese (d)
Fish finger sandwich with tartare sauce
(g,f,e,mu)

WEDNESDAY

Gnocchi with roasted vegetables and pesto (c,g)
Grilled chicken breast with pesto
Lamb meatballs with feta and tomato (d)
Fish of the day

THURSDAY

Butternut squash risotto (c)
Roast turkey breast with cranberry sauce
and gravy
Beef stew (c,su)
Fish of the day



Cafeteria Lunch Menus

4th - 10th October
2021

FRIDAY

Battered Jack fruit with fruity BBQ dip (c,g,su)
Minute steak with peppercorn sauce (c,d)
Hunters chicken (su,d)
Breaded fish (d,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

Quorn sausages with roasted onion
and peppers (g,sy)
Cajun sausages with roasted pepper
and onion (g)
Turkey escalope with pesto sauce (d)
Fish of the day

TUESDAY

Stuffed portobello mushroom with red onion,
leek and quinoa
Beef lasanga (g,d,c,su)
Vegetable lasagna (c,d,g,su)
Fish of the day

WEDNESDAY

Pie night

Vegetable pie (g,c)
Chicken and mushroom pie (d,c,g)
Lamb and rosemary pie (su,g)

THURSDAY

Vegetable and lentil stew (c,su)
Lamb stew (c,su)
Cauliflower cheese turnover (d,g,mu)
Fish of the day



Cafeteria Dinner Menus

4th - 10th October
2021

FRIDAY

Chili and garlic tofu with stir
fry vegetables (so,su,c)
Sweet and sour pork (su)
Hoi sin Duck leg with spring onion (g,so)
Fish of the day

SATURDAY

Vegetable Burger with salad (g,se)
Beef Burger with cheese and salad (d,se,g)
Chicken Burger (ss,g)

SUNDAY

Vegetable filo parcel (g)
Roast pork with apple sauce (c)
Onion tart tatin (g)
Fish of the day



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