MONDAY
Black bean and vegetable chili (c)
Chili con carne (c)
Spiced butternut & sweet potato
    with coconut & coriander (c)
Fish of the day

TUESDAY
Chargrilled soy glazed & sesame aubergine
    with wild rice (so,ss)
Confit duck leg in hoisin glaze
    and onion salad (so,g,su)
Sweet and sour chicken breast (su)
Fish of the day

WEDNESDAY
Lentil and vegetable sausage roll (g,c)
Paprika and herb chicken thighs
Vegetable & Quorn stew (c)
Fish of the day

THURSDAY
Red onion and courgette, mushroom
    Wellington (c,g)
Roast Beef with Yorkshire & gravy (g,e,c)
Pork steak with mushroom sauce (c,d)
Fish of the day

FRIDAY
Buffalo wings in chili sauce (so,su,ss)
Chargrilled chicken burger
    with garlic mayo (g,e,ss)
Vegetable and bean patty with
    tomato compote (c,su)
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
**Cafeteria Dinner Menus**

6th - 12th December 2021

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**MONDAY**

- Vegetable chickpea curry (mu,c)
- Lamb curry (mu,c)
- Chicken curry (mu,c)
- Fish of the day

**TUESDAY**

- Stuffed pepper with tomato sauce (g,c,su)
- Chicken thighs
- Vegetable pasta bake (g,d)
- Fish of the day

**WEDNESDAY**

- **Jacket potato night**
  - Vegetable curry (mu,c)
  - Tuna sweetcorn mayonnaise (f,e,mu)
  - Beef Chili (su,c)
  - Sausage, pepper and red onion (g)

**THURSDAY**

- Roasted veg, olives and tomato sauce with pasta (g,c,su)
- Herb and garlic turkey escalope
- Baked mushroom risotto (c,d)
- Fish of the day

**FRIDAY**

- Vegetable burrito (g)
- Gammon steak with egg (e)
- Beef meatballs with tomato sauce (c)
- Fish of the day

**SATURDAY**

- Courgette and red onion pizza (g,su)
- Meat feast pizza (g,d,su)
- Margarita pizza (g,d,su)

**SUNDAY**

- Beetroot and sweet potato puff (g)
- Roast beef with Yorkshire pudding and gravy (e,g,d,c)
- Mustard glazed chicken breast (mu)
- Fish of the day

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