

## **MONDAY**

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Lentil and vegetable bolognaise  
with spaghetti (g,su,c)  
Roasted vegetable pita bread  
with spiced tomato compote (g,su)  
Lamb and pepper gratin (c,g)  
Chicken tikka pasty (g)  
Fish of the day

## **TUESDAY**

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Roasted root filo parcels (g)  
Butternut, lentil and feta cake (d,c)  
Pork steak with apple, red onion  
and mustard (mu)  
Turkey lasagne (c,d,mu,su)  
Fish of the day

## **WEDNESDAY**

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Chickpea and spinach curry (mu,c)  
Marinated tofu steak with stir fry vegetables  
(c,su,so)  
Hoi sin glazed duck leg with cucumber  
and spring onions (su)  
Bacon chop with salsa (su)  
Fish of the day

## **THURSDAY**

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Thai green vegetable curry with rice (c,so)  
Butternut and red onion Wellington (g)  
Steak and kidney pie (c,su,g)  
Chicken breast with white wine sauce (su,d,c)  
Fish of the day



# Cafeteria Lunch Menus

14th - 20th  
March 2022

## **FRIDAY**

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Vegan burger with lettuce, tomato (ss,g)  
Jacket potato with cheese and beans (d)  
Sweet chili sausages glazed in sticky chili sauce  
(g,su,so)  
Turkey escalope with celeriac remoulade  
(c,mu,e)  
Battered fish (g,f)

## **SATURDAY & SUNDAY**

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### **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 (a) = alcohol

## MONDAY

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Bean and tofu chili stuffed jacket (c)  
Herb, garlic and red onion gnocchi (g)  
Bacon carbonara (su,d,c)  
Turkey marinated in lemon, herbs and garlic  
Fish of the day

## TUESDAY

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Thai green vegetable (so,c,su)  
Pepper and mushroom stroganoff (d,mu,su,c)  
Chicken stroganoff (d,mu,su,c)  
Pork and chickpea stew (c,su)  
Fish of the day

## WEDNESDAY

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Root vegetable pie (c,g)  
Cauliflower steak with grilled tomato  
and peppercorn sauce (c,d,su)  
Lamb stew with barley  
Chicken and mushroom pie (c,d,g)  
Fish of the day

## THURSDAY

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Jacket potato with baked beans  
and vegan cheese (so)  
Aubergine parmigiana (d,su,g)  
Pork meat balls with mustard cream sauce  
(c,mu)  
Turkey escalope with tomato sauce (c)  
Fish of the day



# Cafeteria Dinner Menus

14th - 20th  
March 2022

## FRIDAY

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BBQ aubergine with quinoa (mu,su)  
Jackfruit kebab with garlic sauce  
and chili sauce (c,d,g)  
Chicken kebab garlic sauce and chili sauce  
(d,c,g)  
Bacon chop with spicy bacon and chilli jam (su)  
Fish of the day

## SATURDAY

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Vegetable bean burger (g)  
Red onion and goats cheese pizza (g,d,su)  
Meat feast pizza (g,d,su)  
Breaded garlic and sesame chicken (d,e,g,ss)  
Fish of the day

## SUNDAY

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Vegetable and jackfruit stew (c)  
Wild rice and root vegetable coullibiatic (g,e)  
Roast turkey with cranberry sauce (su,c)  
Lamb stew with barley (su,c,g)  
Fish of the day



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