

## MONDAY

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BBQ tofu and pepper skewers (su,mu)  
Oven baked Mediterranean vegetable orzo  
with basil and capers (c,g,su)  
Bacon chop with tomato compote (su)  
Turkey escalope with chimichurri (su)  
Fish of the day

## TUESDAY

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Jacket potato stuffed with garlic, mushrooms,  
red onion and spinach  
Jackfruit and lentil stew (c)  
Coq au vin (c,su)  
Pork steak with mustard cream sauce (mu,c,su,d)  
Fish of the day

## WEDNESDAY

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Bean and vegetable stew  
with vegan sausages (c,g)  
Root vegetable and mustard crumble (c,g,mu)  
Orange braised duck leg (c)  
Chicken with mushroom and bacon  
Fish of the day

## THURSDAY

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Quinoa, black bean and butternut  
squash chilli (c)  
Mushroom risotto (c,d)  
Roast beef with Yorkshire pudding (c,d,g,e)  
Leg of lamb steak with salsa verde (su)  
Fish of the day



# Cafeteria Lunch Menus

17th -23rd  
January 2022

## FRIDAY

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Baked pepper with vegetables  
and vegan cheese  
Macaroni cheese with tomato (d,g)  
BBQ glazed chicken breast (su,mu)  
Cajun sausages with peppers and onion (g)  
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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Stuffed pepper with cous cous  
and vegetable (g,c)  
Ricotta and spinach tortellini  
with tomato bake (g,d,c)  
Bacon and mushroom pasta bake (g,d,su)  
Oregano and paprika chicken  
Fish of the day

## TUESDAY

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Vegetable and black bean chili (c,su)  
Stuffed mushroom with brie, onion & leeks (d)  
Turkey chili (c,su)  
Cajun sausages with roast pepper and onion (g)  
Fish of the day

## WEDNESDAY

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Jackfruit Thai curry (su,c,so)  
Onion bhajis with spiced compote (c,mu,g)  
Chicken korma (mu,c,d)  
Lamb madras (mu,c)  
Fish of the day

## THURSDAY

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Tofu steak with spinach, onion and beans (so)  
Beetroot and sweet potato pastry (g,d)  
Breaded turkey escalope  
with spiced onion chutney (su,g,e)  
Sweet chili duck leg (su,so)  
Fish of the day



# Cafeteria Dinner Menus

17th -23rd  
January 2022

## FRIDAY

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Vegetable tacos with tomato chutney (su,c)  
Tomato and mozzarella arranchini (d,g,e)  
Minute steak  
with mushroom cream sauce (c,d)  
Herb and garlic bacon chop  
Fish of the day

## SATURDAY

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BBQ jackfruit pizza (g,su,so)  
Margarita pizza (g,d,su)  
Meat feast pizza (g,d,su)  
Cajun chicken  
Fish of the day

## SUNDAY

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Root vegetable and bean stew (c)  
Cheese and onion puff (d,g)  
Roast chicken leg with onion gravy  
Pork chop with apple gravy  
Fish of the day



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