

MONDAY

Lentil chili with jacket potato (c)
Pepper and mushroom stroganoff (c,d,mu)
Individual herb sausage roll (g)
Chicken breast with tomato chutney (su)
Fish of the day

TUESDAY

Tofu katsu curry
Aubergine parmigiana
Piri piri chicken thighs with spiced cous cous (g)
Spiced lamb meatball with chunky salsa
Fish of the day

WEDNESDAY

Sweet potato jackets with spicy black bean chili and guacamole (c)
Mushroom quinoa cake with herby salsa
Minute steak with peppercorn sauce (d,c)
BBQ pork chop (su,mu)
Fish of the day

THURSDAY

Roasted vegetables with pasta and
vegan cheese (so,g)
Root vegetable and herb crumble (g,d,c)
Roast pork with apple sauce and gravy (c)
Lemon and herb chicken thighs
Fish of the day



Cafeteria Lunch Menus

21st - 27th March
March 2022

FRIDAY

Sweet and sour aubergine with wild rice (su,c)
Leek and stilton quiche (e,d,g)
Gammon with fried egg (e)
Southern fried chicken (d,g,mu)
Battered fish (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 (a) = alcohol

MONDAY

Vegetable burrito (g,c)
Stuffed Greek style aubergine with feta (d,su)
Lamb moussaka
Chicken thighs with chasseur sauce (c)
Fish of the day

TUESDAY

Vegetable tagine (c,su)
Black bean and butternut chili (c,su)
Pork tagine with dates and apricot (su,c)
Roast Moroccan spiced chicken leg
Fish of the day

WEDNESDAY

Vegetable jambalaya (c)
Vegetable burger with lettuce and tomato
(g,ss,c)
Hotdog with chili onions (g)
Hunters chicken (d,mu,su)
Fish of the day

THURSDAY

Jackfruit chili with jacket potato (su,c)
Creamy vegetable pie (c,d,g)
Beef meatballs with tomato sauce (c,su)
Lamb and root vegetable pie (c,su)
Fish of the day

Cafeteria Dinner Menus

21st - 27th March
March 2022

FRIDAY

Roasted vegetables with cajun tofu (so,su)
Feta, butternut and lentil gratin (d,g)
Pork schnitzel with spicy slaw (g,e)
Chicken breast with onion chutney
Fish of the day

SATURDAY

Jacket potato with vegetable curry (mu,c)
Red onion and cheese tart (d,e,g)
Cheese beef burger (g,d,ss)
Bacon, mushroom and cheese gnocchi
bake (d,g)
Fish of the day

SUNDAY

Red onion and mushroom filo parcel (g)
Baked butternut squash risotto (c)
Roast duck leg
Roast chicken with onion and sage
Fish of the day



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