

## MONDAY

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Lentil cottage pie (c,su)  
Butternut, leek, onion and stilton gratin (g,d,c)  
Turkey escalope with paprika and peppers  
Toad in the hole with onion gravy (e,g,su)  
Fish of the day

## TUESDAY

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Slow cooked jackfruit chili (c)  
Vegetable pasta with black olives and basil (su,g)  
Chicken with tomato and olive sauce (c,su)  
Quiche Lorraine (e,g,d)  
Fish of the day

## WEDNESDAY

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Pasta with super greens and kale pesto (g)  
Bean and vegetable quesadilla (g,d)  
Beef burger with lettuce, tomato (ss,g)  
Chilli and garlic chicken thighs  
Fish of the day

## THURSDAY

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Mushroom, celeriac and lentil 'hotpot' (c,su)  
Brie, red onion and spinach filo parcel (g,d)  
Roast turkey breast with cranberry sauce  
Leg of lamb steak with rosemary and red current  
Fish of the day

# Cafeteria Lunch Menus

24th -30th  
January 2022

## FRIDAY

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Aubergine and lentil kofta, pickled red cabbage  
and pitta bread (su,g)  
Curried cauliflower steak with onion salad (mu)  
Cajun chicken thighs with chili coleslaw (mu,e)  
BBQ pork ribs (mu,su)  
Breaded 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 courgettes with roasted vegetables  
and tomato sauce (c)

Root vegetable stew (c)

Lamb stew (su,c)

Chicken breast roasted onions

Fish of the day

## TUESDAY

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Vegetable stir fry (so,su,c)

Vegetable quesadilla (g,d)

Piri Piri chicken thighs

Pork and apricot tagine (c,su)

Fish of the day

## WEDNESDAY

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Jacket potato with chunky caponata (su,c)

Vegetable lasagne (d,c,g,su)

Beef Lasagne (d,c,g,su)

Grilled lamb steak with tomato, oregano  
and feta topping (d)

Fish of the day

## THURSDAY

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Mushroom, courgette and squash  
quinoa cake (c)

Tomato macaroni cheese (g,d,mu)

Turkey escalope with mushroom sauce (c,su)

Chicken, gherkin, cheddar and onion  
quesadilla (g,su,d)

Fish of the day



# Cafeteria Dinner Menus

24th -30th  
January 2022

## FRIDAY

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Roasted vegetable and jack fruit kebab (g,c)

Vegetable nacho's (d,c)

Confit duck leg with cabbage, onion,  
coriander (so,su,ss)

Sweet and sour pork (su.c)

Fish of the day

## SATURDAY

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Jacket potato with lentil  
and vegetable chilli (c,su)

Onion bhaji burger (mu.g)

Chicken burger with garlic mayo (e,mu,ss,g)

Sweet chilli sausages with chilli sauce (g,su)

Fish of the day

## SUNDAY

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Mushroom and red onion risotto (c,su)

Vegetable filo parcel (c,g)

Roast pork with apple sauce

Chicken breast with garlic and thyme

Fish of the day



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