

MONDAY

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

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

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

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

28th February -
6th March 2022

FRIDAY

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

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

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

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

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

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

28th February -
6th March 2022

FRIDAY

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

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

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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