Cafeteria Lunch Menus
28th February - 6th March 2022

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

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

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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