

MONDAY

Tofu and aubergine rendang (so,c)
Thai green vegetable curry (so,c)
Chicken madras (mu,c)
Lamb rogan josh (mu,c)
Fish of the day

TUESDAY

Vegetable paella
Baked tomato, mozzarella risotto (c,d)
Lemon, garlic and herb turkey escalope (g,e)
Sesame, soy, chilli and lime chicken (so,ss,su)
Fish of the day

WEDNESDAY

Moroccan cous cous stuffed pepper (g,c)
Vegetable lasagne (su,g,d)
Beef lasagne (su,g,d)
Turkey bolognese with spaghetti (g,su,c)
Fish of the day

THURSDAY

Roasted vegetable filo parcel (g)
Vegetable cottage pie with gravy (su,c,d)
Pork leek and red onion plat with mustard and fennel sauce (g)
Cornish pasty with gravy (g,c)
Fish of the day



Cafeteria Lunch Menus

7th - 13th
March 2022

FRIDAY

Black bean and tofu burrito (g,so)
Cheese and tomato quiche
Chicken wings with Korean style sauce
(so,ss,su)

Cajun sausages
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

Chili and garlic marinated tofu
with cabbage salad (so)

Roasted root vegetable gratin (g)

Escalope of pork with mozzarella
and bacon melt (d)

BBQ Chicken (su)

Fish of the day

TUESDAY

Vegetable and bean wrap (g)

Vegetable and mustard crumble (g,d,mu)

Duck leg with orange sauce (c)

Pork steak with paprika sauce (c,d)

Fish of the day

WEDNESDAY

Vegetable and water chestnuts
in black bean sauce (so,su)

Sesame, soy, chilli, garlic roasted aubergine
with quinoa (se,so)

Sweet and sour chicken (su,c)

Hoi sin pork steak with spring onions (ss,su,so,g)

Fish of the day

THURSDAY

Chili, kale and bean stew (c)

Vegetable and lentil sausage roll

Bacon steak with egg (e)

Turkey escalope with tomato, goats cheese
and red onion (d)

Fish of the day



Cafeteria Dinner Menus

7th - 13th
March 2022

FRIDAY

Butternut and lentil cake (c)

Roasted vegetables and pasta in tomato
and olive sauce (c,su)

Mustard and herb chicken thighs (mu,g)

Spiced lamb kebab with mint yoghurt (d,g,su)

Fish of the day

SATURDAY

Jackfruit and vegetable skewer

Vegetable burger (g,ss)

BBQ Pork Ribs (su)

Southern fried chicken

with coleslaw (d,g,su,mu)

Fish of the day

SUNDAY

Stuffed courgette (g,c)

Vegetable Wellington (g,c)

Roast beef with Yorkshire pudding (e,g,d)

Black pepper sausages (g)

Fish of the day



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