

MONDAY

Tofu and aubergine rendang (so,c)
Thai green vegetable curry (so,c)
Chicken madras (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)
Chicken and bacon carbonara with tagliatelle
(g,su,c,mu)
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

2nd - 8th
May 2022

FRIDAY

Black bean and tofu burrito (g,so)
Cheese and tomato quiche
Southern fried chicken burger with sauce
and salad (so,ss,su)
Cajun sausages (g)
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)

BBQ Chicken (su)

Fish of the day

TUESDAY

Vegetable and bean wrap (g)

Vegetable and mustard crumble (g,d,mu)

Lamb hot pot (g,c,su)

Pork steak with paprika sauce (d,c)

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

Curried roast pork loin with spinach
and mushrooms (su)

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

Fish of the day

Cafeteria Dinner Menus

2nd - 8th

May 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

BBQ 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 with gravy (g)

Fish of the day



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