

Monday

Lentil chili with jacket potato



Pepper and mushroom stroganoff

BBQ pork belly slices with spicy root vegetable slaw



Chicken breast with tomato chutney



Fish of the day

Tuesday

Tofu katsu curry

Aubergine parmigiana



Piri piri chicken thighs with spiced cous cous



Spiced lamb meatball with chunky salsa



Fish of the day

Wednesday

Sweet potato jackets with spicy black bean chili and guacamole



Mushroom quinoa cake with herby salsa

Grilled turkey escalope with peppercorn sauce



Sausages with onion gravy



Fish of the day



Thursday

Roast vegetables with pasta and vegan cheese



Baked pepper stuffed with roasted vegetables and feta cous cous



Roast beef with Yorkshire pudding and gravy



Chicken and oyster mushroom stir fry

Fish of the day



Cafeteria Lunch Menus

3rd - 9th
October 2022

Friday

Sweet and sour aubergine with wild rice



Potato, onion and taleggio frittata



Gammon with fried egg



BBQ chicken breast



Battered fish



Saturday & Sunday (Brunch)

Sausage



Vegan Sausage



Bacon

Fried Egg



Scrambled egg



Mushrooms

Baked beans

Hash browns

While we take steps to minimise the risk of cross-contamination, all of our products are produced in an environment that contains other allergens.



Celery



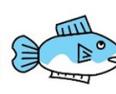
Cereals
containing Gluten



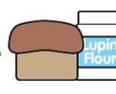
Crustaceans



Egg



Fish



Lupin



Milk



Crustaceans



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur
Dioxide



Monday

Vegetable burrito	
Stuffed Greek style aubergine with feta	
Lamb moussaka	
Chicken thighs with chasseur sauce	
Pasta with tomato sauce	

Tuesday

Vegetable tagine	
Black bean and butternut chili	
Pork tagine with dates and apricot	
Roast Moroccan spiced turkey escalope	
Pasta with bolognese sauce	

Wednesday

Vegetable jambalaya	
Vegetable fajita wrap	
Pulled BBQ pork macaroni cheese	
Hunters chicken	
Pasta with carbonara sauce	

Thursday

Jackfruit chili with jacket potato	
Tomato macaroni cheese	
Turkey escalope with caramelised onions	
Scampi	
Pasta with chicken and mushroom	

Cafeteria Dinner Menus

3rd - 9th
October 2022

Friday

Roasted vegetables with cajun tofu	
Feta and butternut bake	
Pork schnitzel with spicy slaw	
Jerk chicken with lettuce, red onion and peach salad	
Pasta with mushroom sauce	

Saturday

Open burger of grilled mushrooms, fried	
Bean burger, sauteed garlic mushrooms	
Southern fried chicken burger, hot sauce, salad, and Swiss cheese	
Pulled beef brisket with kimichi and	
Pasta with vegetable bolognese	

Sunday

Red onion and mushroom filo parcel	
Baked butternut squash	
Roast beef, Yorkshire	
Lamb and root vegetable pie	
Pasta with broccoli and blue cheese	

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