

## Monday

BBQ tofu and pepper skewers



Bacon chop with tomato compote



Turkey escalope with chimichurri



Fish of the day



## Tuesday

Jacket potato stuffed with garlic, mushrooms, red onion and spinach

Jackfruit and lentil stew



Coq au vin



Pork steak with mustard cream sauce



Fish of the day



## Wednesday

Butternut red onion and gnocchi bake



Root vegetable and mustard crumble



Breaded turkey escalope with warm tomato salad



Homemade Cornish pasty with grained mustard gravy



Fish of the day



## Thursday

Quinoa, black bean and butternut squash chilli



Mushroom risotto



Roast chicken with sage and onion stuffing and gravy



Pulled pork and cheddar wrap



Fish of the day



# Cafeteria Lunch Menus

10th - 16th  
October 2022

## Friday

Baked pepper with vegetables and vegan cheese

Macaroni cheese with tomato



BBQ glazed chicken breast



Cajun sausages with peppers and onion



Battered fish



## Saturday & Sunday

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.



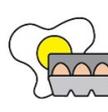
Celery



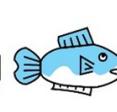
Cereals  
containing Gluten



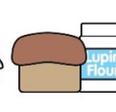
Crustaceans



Egg



Fish



Lupin



Milk



Crustaceans



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur  
Dioxide



## Monday

Stuffed pepper with cous cous and vegetables



Ricotta and spinach gnocchi with tomato bake



Bacon and mushroom pasta bake



Oregano and paprika chicken

Pasta with tomato sauce



## Tuesday

Vegetable and black bean chili



Stuffed mushroom with brie, onion & leeks



Turkey chili



Cajun sausages with roast pepper and onion



Pasta with bolognese sauce



## Wednesday

Jackfruit Thai curry



Vegetable curry

Katsu chicken curry



Lamb madras



Pasta with carbonara sauce



## Thursday

Tofu steak with spinach, onion and beans



Butternut squash and lentil stew

Beef and chorizo stew

Sweet chili chicken leg



Pasta with chicken and mushroom sauce



# Cafeteria Dinner Menus

10th - 16th  
October 2022

## Friday

Vegetable quesadilla with tomato chutney



Tomato and mozzarella arancini



Minute steak with mushroom cream sauce



Herb and garlic bacon chop



Pasta with mushroom sauce



## Saturday

Open burger of grilled mushrooms, fried aubergine salad and Caesar sauce

Bean burger, sauteed garlic mushrooms with hot sauce, salad and swiss cheese



Southern fried chicken burger, hot sauce, salad, and Swiss cheese



Pulled beef brisket with kimichi and cheese



Pasta with vegetable bolognese



## Sunday

Root vegetable and bean stew



Mushroom and caramelized onion quiche



Pan fried breast of chicken with mushroom sauce

Roast gammon with gravy

Pasta with broccoli and blue cheese



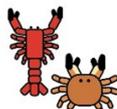
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Celery



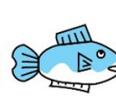
Cereals containing Gluten



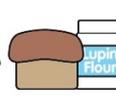
Crustaceans



Egg



Fish



Lupin



Milk



Crustaceans



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur Dioxide

