

Monday

BBQ tofu and pepper skewers



Vegetable curry with naan bread



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



Chicken and vegetable stew



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



Sausages and onion gravy



Fish of the day



Cafeteria Lunch Menus

23rd-29th January
2023

Friday

Baked pepper with vegetables and vegan cheese

Macaroni cheese with tomato



Hoisin sesame glazed duck leg



Battered fish



Fish pie



Saturday & Sunday (Brunch)

Sausage



Vegan Sausage



Bacon

Fried Egg



Scrambled egg



Mushrooms

Baked beans

Hash browns

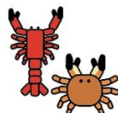
While we take steps to minimise the risk of cross-contamination, all of our products are produced in an environment that contains other allergens.



Celery



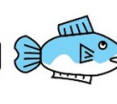
Cereals
containing Gluten



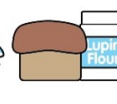
Crustaceans



Egg



Fish



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur
Dioxide



Monday

Stuffed pepper with cous cous and vegetables



Ricotta and spinach gnocchi with



Bacon and mushroom pasta bake



Oregano and paprika chicken thighs

Pasta with tomato sauce



Tuesday

Vegetable and black bean chili



Stuffed mushroom with brie, onion & leeks



Turkey chili



Catz 'big dog' caramelized onion, tangy BBQ sauce and cheese



Pasta with bolognese sauce



Wednesday

Jackfruit Thai curry



Vegetable curry

Katsu chicken curry



Thai fish cakes with sweet chili sauce



Pasta with carbonara sauce



Thursday

Tofu steak with spinach, onion and beans



Butternut squash and lentil stew

Pork steak with pear and blue cheese gratin



Lemon and herb roasted chicken leg

Pasta with chicken and mushroom sauce



Cafeteria Dinner Menu

23rd-29th January 2023

Friday

Bhaji burger, mango chutney salad



Bean burger, sauteed garlic mushroom with hot sauce, salad and Swiss cheese



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



Pulled beef brisket burger with red



Pasta with vegetable bolognese



Sunday

Root vegetable and bean stew



Mushroom and caramelized onion quiche



Pan fried breast of chicken with

Roast gammon with gravy

Pasta with broccoli and blue cheese



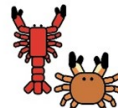
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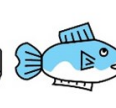
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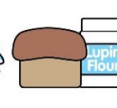
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