

Monday

Lentil cottage pie



Butternut, leek, onion and stilton gratin

Turkey escalope with paprika and peppers



Toad in the hole with onion gravy



Fish of the day

Tuesday

Slow cooked jackfruit chili



Vegetable pasta with black olives and basil



Chicken with tomato and olive sauce



Breaded pork rissole with fried egg



Fish of the day



Wednesday

Pasta with super greens and kale pesto



Bean and vegetable quesadilla



Grilled pork with apple sauce and cheddar crust



Chicken and mushroom pasta bake



Fish of the day



Thursday

Mushroom, celeriac and lentil 'hotpot'



Brie, red onion and spinach filo parcel



Roast turkey breast with cranberry sauce

Leg of lamb steak with rosemary and red current

Fish of the day



Cafeteria Lunch Menu

17th - 23rd
October 2022

Friday

Moroccan spiced tofu with tabbouleh salad



Curried cauliflower steak with onion salad



Chorizo and bacon jambalaya

BBQ pork ribs with coleslaw



Battered fish



Saturday & Sunday

Sausage



Vegan Sausage



Bacon

Fried Egg



Scrambled egg



Mushrooms

Baked beans

Hash browns

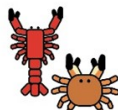
While we take steps to minimise the risk of cross-contamination, all of our products are produced in an environment that contains other allergens.



Celery



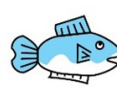
Cereals
containing Gluten



Crustaceans



Egg



Fish



Lupin



Milk



Crustaceans



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur
Dioxide



Monday

Stuffed courgettes with roasted vegetables and tomato sauce



Root vegetable stew



Lamb stew



Spiced chicken breast with marinated onion salad



Pasta with tomato sauce



Tuesday

Vegetable stir fry



Vegetable quesadilla



Piri Piri chicken thighs



Porchetta rolls with salad and chorizo mayonnaise



Pasta with bolognese sauce



Wednesday

Jacket potato with spinach and garlic mushroom



Vegetable lasagne



Beef lasagne



Chicken stir fry



Pasta with carbonara sauce



Thursday

Mushroom, courgette and squash quinoa cake



Tomato macaroni cheese



Turkey escalope with mushroom sauce



Grilled bacon steak with honey and mustard glaze



Pasta with chicken and mushroom sauce



Cafeteria Dinner Menu

17th - 23rd
October 2022

Friday

Roasted vegetable and jack fruit kebab



Vegetable nacho's



Confit duck leg with cabbage, onion, coriander



Sweet and sour pork

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,



Pulled beef brisket with kimichi and cheese



Pasta with vegetable bolognese



Sunday

Mushroom and red onion risotto



Vegetable filo parcel



Roast pork with apple sauce

Chicken breast with garlic and thyme

Pasta with broccoli and blue cheese



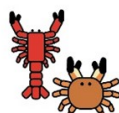
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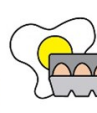
Celery



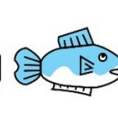
Cereals containing Gluten



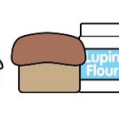
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