

Monday

Tofu and aubergine rendang



Thai green vegetable curry



Chicken madras



Lamb rogan josh



Fish of the day



Tuesday

Vegetable paella



Baked tomato, mozzarella risotto



Lemon, garlic and herb turkey
escalope



Sesame, soy, chilli and lime chicken



Fish of the day

Wednesday

Moroccan cous cous stuffed pepper



Vegetable lasagne



Beef lasagne



Chicken and bacon
carbonara with tagliatelle



Fish of the day



Thursday

Roasted vegetable filo parcel



Vegetable cottage pie with gravy



Pork leek and red onion plat with
mustard and fennel sauce



Chargrilled chicken Caesar salad



Fish of the day



Cafeteria Lunch Menus

24th - 30th
October 2022

Friday

Black bean and tofu burrito



Vegetable paella

Curried turkey escalope with pickled
onion and coriander salad



Cajun sausages with
onions and peppers



Battered fish



Saturday & Sunday

Sausage



Vegan Sausage



Bacon

Fried Egg



Scrambled egg



Mushrooms

Baked beans

Hash browns

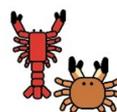
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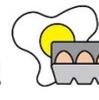
Celery



Cereals
containing Gluten



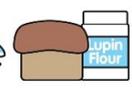
Crustaceans



Egg



Fish



Lupin



Milk



Crustaceans



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur
Dioxide



Monday

Chili and garlic marinated tofu with cabbage salad



Roasted root vegetable gratin



Escalope of pork with mozzarella and bacon melt



BBQ Chicken



Pasta with tomato sauce



Tuesday

Vegetable and bean wrap



Vegetable and mustard crumble



Lamb hot pot



Turkey escalope with mustard sauce



Pasta with bolognese sauce



Wednesday

Vegetable and water chestnuts in black bean sauce



Sesame, soy, chilli, garlic roasted aubergine with quinoa



Sweet and sour chicken



Hoi sin pork steak with spring onions



Pasta with carbonara sauce



Thursday

Chili, kale and bean stew



Vegetable and lentil sausage roll



Curry roast pork loin with spinach and mushrooms



Turkey escalope with tomato, goats cheese and red onion



Pasta with chicken and mushroom sauce



Cafeteria Dinner Menus

24th - 30th
October 2022

Friday

Butternut and lentil cake



Roasted vegetables and pasta in tomato and olive sauce



Mustard and herb chicken thighs



Spiced lamb kebab with mint yoghurt



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

Stuffed courgette



Vegetable Wellington



Roast beef with Yorkshire pudding



Orange roast duck leg



Pasta with broccoli and blue cheese



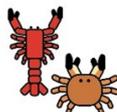
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Celery



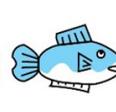
Cereals containing Gluten



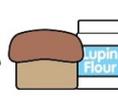
Crustaceans



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