

## MONDAY

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Field mushroom stuffed with herbed quinoa  
Pork steak with mushroom and  
mustard sauce (c,d,mu)  
Roasted winter vegetable filo parcel (g,c)  
Fish of the day

## TUESDAY

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Vegetable tagine with rice  
Lamb and rosemary pie with gravy (c,g,su)  
Root vegetable pie with gravy (g,c)  
Fish pie (f,su,cr,d)

## WEDNESDAY

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Roasted pepper and caramelised onion  
stuffed aubergine  
Beef meatballs with tomato sauce (c,su)  
Roasted vegetables with olives  
in tomato sauce (c, su)  
Fish of the day

## THURSDAY

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Vegetable and rice noodle broth  
Roast leg of pork with apple sauce and gravy (c)  
Cranberry and rosemary cracker wheat  
stuffed squash (g,c)  
Fish of the day



# Cafeteria Lunch Menus

4th -10th January  
2021

## FRIDAY

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Bean patty with tomato salsa  
Paprika and herb turkey escalope  
with sautéed peppers  
Battered jackfruit (g)  
Battered fish with tartare sauce (g, f)

## SATURDAY & SUNDAY

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### BRUNCH

Sausage(g), Vegan Sausage (g), Bacon,  
Fried Egg(e), Scrambled egg(e,d), Mushrooms,  
Baked beans, Hash browns



(d) = dairy (g) = gluten (f) = fish (c) = celery (cr) = crustaceans  
(mu) = mustard (p) = peanuts (so) = soya (e) = egg (l) = lupin  
(mo) = molluscs (n) = nuts (ss) = sesame (su) = sulphites

## MONDAY

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Roasted vegetable pilaff  
Minute steak with tomato and goats cheese (d)  
Lemon and herb marinated  
with cous cous (g,so,c)  
Fish of the day

## TUESDAY

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Pan fried tofu steak with spinach (so)  
Lemon and herb turkey escalope  
Stuffed courgette with roasted vegetables  
Fish of the day

## WEDNESDAY

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### Jacket potato night

Cannellini beans in tomato sauce  
Beef chilli con carne (c)  
Vegetable curry (mu,c)  
Tuna sweetcorn mayo (mu,e,f)

## THURSDAY

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Braised lentil and vegetable stew  
Chicken thighs with Chasseur sauce (su,c)  
Whole wheat pasta and vegetable bake (c,g)  
Fish of the day



# Cafeteria Dinner Menus

4<sup>th</sup> -10<sup>th</sup> January  
2021

## FRIDAY

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Vegetarian chilli with rice and beans  
Spice lamb kebab with mint yogurt (d,g)  
Roasted vegetable kebab  
Fish of the day

## SATURDAY

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### Burger night

Fish burger (f,g,e,d)  
Chicken burger (g)  
Vegetable burger (g)

## SUNDAY

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Roast beef with Yorkshire pudding (c,d,e,g)  
Onion tarte de tatin (g)  
Fish of the day



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