**MONDAY**

Sweet potato and vegetable taco with avocado
Breaded turkey escalope with chilli coleslaw (mu,d,e,g)
Vegetable quesadilla (g,c)
Fish of the day

**TUESDAY**

Roasted vegetables with gluten free pasta
Lemon and oregano chicken thighs with cous cous (g)
Vegetable tagine with cous cous (g,su,c)
Fish of the day

**WEDNESDAY**

Stuffed courgette with wild rice
Lamb moussaka (c,d)
Roast vegetable moussaka (c,so)
Fish of the day

**THURSDAY**

Garlic and herb roasted tofu with greens (so)
Roast topside of beef with Yorkshire pudding and gravy (c,d,e,g)
Root vegetable cassoulet (c)
Fish of the day

**FRIDAY**

Tofu steak with tomato, mushroom and spinach (so)
Hunters chicken (d,su)
Vegetable burger with pickled vegetables (sy,so,g)
Battered fish with tartare sauce (g,f)

**SATURDAY & SUNDAY**

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

Cafeteria
Dinner Menus
18th-24th January 2021

MONDAY

Vegan shepherds pie
Chicken and mushroom pie (d,g,su,c)
Root vegetable pie (c,g)
Fish of the day

TUESDAY

Pumpkin curry with chickpeas
Slow roast hoi sin duck leg
    with cabbage salad (ss,c,g,so)
Chilli and garlic marinated tofu
    with cabbage salad (so)
Fish of the day

WEDNESDAY

Spanish night
Spanish lentil stew
Chicken paella (c)
Vegetable paella (c)
Fish of the day

THURSDAY

Stuffed sweet potato with quinoa
Pork meat balls with mustard cream sauce
    (mu,d,c)
Butternut and lentil cake (g,s)
Fish of the day

FRIDAY

Vegetable nacho’s
Beef macaroni (su,g,d)
Macaroni vegan cheese (so,g,c)
Fish of the day

SATURDAY

Chinese night
Vegetable stir fry with rice noodles
Sweet and sour chicken (su,c)
Tofu and vegetable
    in black bean sauce (so,c,su,g)
Prawn chow mein (cr,c,so,g)

SUNDAY

Roast turkey with gravy (c)
Beetroot and sweet potato pastry (g)
Fish of the day

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(mu) = mustard (p) = peanuts (so) = soya (e) = egg (l) = lupin
(mo) = molluscs (n) = nuts (ss) = sesame (su) = sulphites