Cafeteria Lunch
Menus
25th-31st January
2021

MONDAY

Tofu with rice noodles (so)
Braised duck leg with orange sauce (c)
Butternut and vegetable wellington (g)
Fish of the day

TUESDAY

Stuffed beef tomatoes with olives, quinoa and herbs
Chicken breast with mushroom sauce (c,d)
Baked vegetable risotto (c)
Fish of the day

WEDNESDAY

Gluten free and vegetable pasta bake
Lamb meatballs with olive, feta and tomato (c,d)
Macaroni cheese with tomato (so,c,g)
Fish of the day

THURSDAY

Put lentil and vegetable stew
Roast chicken leg with forestier sauce (c)
Root vegetable parcel (g)
Fish of the day

FRIDAY

Cauliflower buffalo wings
Braised beef shin kebab with onion salad and spiced tomato ketchup (g,c,su)
Vegetable pasta bake (c,g)
Breaded fish with tartare sauce (f,d,g,e)

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**

Black bean meat balls with tomato sauce  
Beef meat balls with tomato sauce (su,c)  
Stuffed courgette with roasted vegetables (c)  
Fish of the day

**TUESDAY**

Stuffed mushroom with leeks, onion and herbs  
Pork steak with paprika sauce (c,d)  
Cauliflower macaroni pasta bake (g,so)  
Fish of the day

**WEDNESDAY**

**Greek night**  
Stuffed Greek style aubergine  
Chicken gyros with pitta bread and tzatziki (d,g)  
Vegetable kebab with spiced tomato compote (g,su)  
Fish of the day

**THURSDAY**

Stuffed butternut squash  
Lamb stew with red wine and rosemary (c,su)  
Wild rice and root vegetable coulibiac (g)  
Fish of the day

**FRIDAY**

Sweet potato corn taco’s  
Gammon and egg  
Vegetable and lentil sausage roll (g)  
Scampi, tartare sauce and lemon (cr,g,e)

**SATURDAY**

**Burger night**  
Fish burger (f,g,e)  
Cheese beef burger (d,g)  
Vegetable burger (g)

**SUNDAY**

Roast Chicken (c)  
Vegetable filo parcel with rosemary gravy (c,g)  
Fish of the day

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