Cafeteria
Lunch
Menus
8th-14th February
2021

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

MONDAY
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

(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

TUESDAY
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
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
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
**MONDAY**

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**

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

**WEDNESDAY**

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

**THURSDAY**

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

**FRIDAY**

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

**SATURDAY**

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

**SUNDAY**

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

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