

MONDAY

Vegetable and bean casserole
Shepherds pie and gravy (c,su,d)
Root vegetable pie with gravy (g,c)
Fish of the day

TUESDAY

Falafel with spiced tomato sauce
Pork schnitzel with coleslaw (d,g,e,mu)
Pulled jackfruit and roasted vegetable pitta (g)
Fish of the day

WEDNESDAY

Jack fruit curry
Chicken madras (c,mu)
Vegetable dhansak (mu,c)
Fish curry (mu,c,f)

THURSDAY

Stuffed sweet potato
Roast turkey with gravy (c)
Roasted vegetable cake (g,c,so)
Fish of the day



Cafeteria Lunch Menus

15th-21st February
2021

FRIDAY

Beetroot and quinoa burger
Minute steak with Bordelaise sauce (c)
Herb roasted cauliflower steak with
roasted tomato and salsa verde (su)
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

Spiced aubergine with wild rice
Butterflied chicken breast with tomato,
red onion and olive salad
Mushroom risotto (c)
Fish of the day

TUESDAY

Chickpea tagine
Chunky beef chilli with butternut squash (c,su)
Vegetable and black bean chilli (c)
Fish of the day

WEDNESDAY

Pasta night

Tomato and olive sauce with gluten free pasta
Bacon carbonara (d,su)
Vegetable bolognese (c)
Tuna pasta bake (g,d,f)

THURSDAY

Black bean patty with spiced tomato compote
Pulled pork and apple bap with slaw (d,g,c)
Pulled jackfruit bap with slaw (g)
Fish of the day



Cafeteria Dinner Menus

15th-21st February
2021

FRIDAY

Pea and mint quinoa cakes with tomato sauce
Beef lasagne with garlic bread (d,g,c)
Vegetable lasagne with garlic bread (d,g,c)
Fish of the day

SATURDAY

Pizza night

Meat Feast (d,g,c)
Mushroom and vegetable (g)
Tuna and sweetcorn (g,d,f,c)

SUNDAY

Roast pork with apple sauce (c)
Vegetable Wellington (c,g)
Fish of the day



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