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
Cafeteria
Dinner
Menus
22nd-28th
February 2021

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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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