



LUNCH CAFETERIA MENU - 2018 Week commencing 12th November



Monday 12th November	Tuesday 13rd November	Wednesday 14th November	Thursday 15th November	Friday 16th November	Saturday 17th November	Sunday 18th November
Meat Options	Meat Options	Meat Options	Meat Options	Meat Options	Meat Options	Meat Options
Beef Spaghetti Bolognaise	Smokey Lamb Shoulder on Flatbread with Babaganoush	Spicy Mexican Chicken Tacos with Toppings	Roast Beef With Yorkshire & Horseradish	Catch of the day	Lasagna & Garlic Bread	
Pork Loin with Wholegrain Mustard Sauce	Cajun Chicken with Spicy Pineapple & Mango Salsa	Pork Katzu Curry	Southern Fried Chicken with Smoky Chipotle Sauce	Beef & Wild Mushroom Stroganoff	Griddled honey Yellow Bean Pork with Cashew , Bok Choi & Chili	
Roasted Vegetable Lasagna with Garlic Bread	Spicy Bean Stew with Roasted Vegetables	Spicy Mexican Vegetable Tacos with Toppings	Cranberry	Wild Mushroom & Quorn Stroganoff	Baluga Lentil & Roasted Mushroom Bolognaise	
fish of the day	fish of the day	fish of the day	fish of the day	fish of the day	fish of the day	
Pasta sauce vegan and gluten free	Pasta sauce vegan and gluten free	Pasta sauce vegan and gluten free	Pasta sauce vegan and gluten free	Pasta sauce vegan and gluten free	Pasta sauce vegan and gluten free	
Puttanesca	Roasted Mushroom and Spinach	Kale, Red Onion and Garlic	Roasted Squash, Chili & Red Onion	Roasted Tomato and Basil Sauce	N/A	Brunch
Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options
Cauliflower	Chinese Cabbage	Steamed Kale	Spinach	Sautéed Winter Cabbage	Calvro Nero	
Thyme Roasted Carrots	Crushed Swede	Thyme Roasted Butternut Squash	Roasted Celeriac	Roasted Beetroot	Steamed Carrot	
Mange Tout	Runner beans	Broad Beans	Mixed Beans	Crushed Peas	Baked Beans	
Rosemary Roasted New Potatoes	Sweet Potato Fires	Bombay Potatoes	Thyme & Garlic Roasties	Chips	Lyonnais Potato's	
Gluten free Pasta	Whole wheat Pasta	Gluten free Pasta	Whole wheat Pasta	Gluten free Pasta		
Cous Cous	Green Quinoua	Wild Rice	Mixed Grains	Steamed Rice		
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Spiced Butternut	Leek and Potato	Mushroom & Thyme	Tomato & Chili	Carrot & Coriander	Roasted Celeriac	



DINNER CAFETERIA MENU - 2018 Week commencing 12th November



Monday 12th November	Tuesday 13rd November	Wednesday 14th November	Thursday 15th November	Friday 16th November	Saturday 17th November	Sunday 18th November
Meat or Fish Options	Meat or Fish Options	Meat or Fish Options	Meat or Fish Options	Meat or Fish Options	Meat or Fish Options	Meat or Fish Options
Minute Steak with Peppercorn Sauce	Wild Mushroom & Smokey Bacon Carbonara	Lamb Moussaka	Thai Yellow Chicken & Cashew	Jerk Chicken with Jamaican Coleslaw	Slow Braised Beef , Mushroom & Red Wine Stew	Roast Beef with Horseradish & Yorkshire Pudding
Breaded Pork with Chili Coleslaw	Beef Bolognese	Hot Roast Pork with Apple Sauce Roll	Lamb Steak with Goats Cheese & Roasted Tomato	Roast Pork Chop Topped with Cheese & Tomato Salsa	Chicken Jambalaya	Roast Chicken With Sage & Onion Stuffing
Vegan Sheppard's Pie	Roasted Vegetable & Olive Calzone	Quorn Moussaka	Thai Red Tofu Curry	Goats Cheese, Sun Blushed Tomato & Roasted Onion Frittata	Spicy Bean Burger in a Toasted Brioche Bun	Butternut & Spinach Risotto with Toasted Pumpkin Seed
Grilled fish of the day	Grilled fish of the day	Grilled fish of the day	Grilled fish of the day	Grilled fish of the day		
Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option
Stuffed Pepper with Bean Cassoulets	Vegetarian Chili with Rice and Beans	Veggie Lentils with Tahini	Pumpkin Curry with Chickpeas	Vegetable and Tomato Casserole	n/a	n/a
Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options
Chips	Wholegrain Mustard Mash	Lyonnais Potatoes	Tomato and basil Fondant	Dolphinouise	Spicy Wedges	Thyme Roasted Potatoes
Quinoa with herbs	Cracked wheat	Steamed mixed rice	Giant cous cous	Wild rice		
Kale	Braised Red Cabbage	Broccoli	Sag Alo	Calvro Nero	Cauliflower	Broccoli
Thyme Roasted Courgettes	Roasted Butternut Squash	Balsamic Roasted Beetroot	Crushed Swede	Roasted Fennel, Tomatoes and Olives	Steamed Carrot	Mixed Roasted Root Vegetables