



# LUNCH CAFETERIA MENU - 2018 Week commencing 12th March



Monday 12th March	Tuesday 13th March	Wednesday 14th March	Thursday 15th March	Friday 16th March	Saturday 17th March	Sunday 18th March
<b>Meat Options</b>	<b>Meat Options</b>	<b>Meat Options</b>	<b>Meat Options</b>	<b>Meat Options</b>	<b>Meat Options</b>	
Lamb moussaka	Chicken korma with pauppadaums and chutneys	Grilled BLT burger with smoked ketchup in a brioche bun	Roast loin of pork with apple sauce	Catch of the day	Pan fried breast of chicken in mushroom sauce	Brunch
Filo pie of spinach, pinenuts, goats cheese and raisins	Chargrilled lamb steak with tomato chutney	Curry marinated chicken breast with lime and onion salad	Grilled turkey escalope with brie, raisins and caramelized onions	Piri Piri chicken thighs with baby gem salad	Grilled pork steak with grained mustard jus	Brunch
Rice cakes with wild mushrooms and courgette's	Pumpkin gnocchi with feta, sage and tomato	Dhal filo parcel with minted yoghurt	Courgette and black bean enchiladas with toasted corn	Sweet potato and coriander pesto taco	Lentil bolognaise with steamed pasta	Brunch
<b>Fish Option</b>	<b>Fish Option</b>	<b>Fish Option</b>	<b>Fish Option</b>	<b>Fish Option</b>	<b>Fish Option</b>	
Fish of the day	Fish of the day	Fish of the day	Fish of the day	Fish of the day	Fish of the day	Brunch
<b>Gluten Free and Vegan Option</b>	<b>Gluten Free and Vegan Option</b>	<b>Gluten Free and Vegan Option</b>	<b>Gluten Free and Vegan Option</b>	<b>Gluten Free and Vegan Option</b>		
Stuffed mushrooms with sautéed leeks and red onions	Baked courgette with Provençal Quorn and vegetables	Baked aubergine with a raisin, roasted onion pilaff	Baked pepper stuffed with Neapolitan lentils and herbs	Stuffed cabbage with a root vegetable cracked wheat	0	Brunch
<b>Potato &amp; Vegetable Options</b>	<b>Potato &amp; Vegetable Options</b>	<b>Potato &amp; Vegetable Options</b>	<b>Potato &amp; Vegetable Options</b>	<b>Potato &amp; Vegetable Options</b>	<b>Potato &amp; Vegetable Options</b>	<b>Potato &amp; Vegetable Options</b>
Sauté potatoes	Steamed rice	Chunky wedges	Roast potatoes	Chips	Sauté potatoes	Brunch
Lemon and herb Lyonnais	Roasted new potatoes	Steamed new potatoes	Tomato and herb boulangere	Roasted sweet potato	New potatoes	Brunch
Sautéed spinach	Green beans	Steamed sweetcorn	Cauliflower	Mushy peas	Broccoli	Brunch
Peas	Roasted courgette's	Onion rings	Steamed carrots	Green beans	Savoy cabbage	Brunch
<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>	<b>Soup of the Day</b>
Mushroom soup	Tomato and basil	Curried parsnip	Broccoli and stilton soup	Vegetable soup	Carrot and coriander soup	Brunch
<b>Hot Dessert</b>	<b>Hot Dessert</b>	<b>Hot Dessert</b>	<b>Hot Dessert</b>	<b>Hot Dessert</b>	<b>Hot Dessert</b>	<b>Hot Dessert</b>
Steamed jam sponge with custard	Spotted dick with custard	Upside down banana cake with cream	Pears and blackberries with cream	Coconut rice pudding with raspberry jam	0	Brunch



## DINNER CAFETERIA MENU - 2018 Week commencing 12th March



Monday 5th March	Tuesday 6th March	Wednesday 7th March	Thursday 8th March	Friday 9th March	Saturday 10th March	Sunday 11th March
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
Thai red chicken curry	Cornish pasty with grained mustard gravy	Moroccan spiced lamb steaks	Cajun chicken thighs with sautéed peppers	Grilled pork steak with mushroom and marsarla sauce	Chicken, gherkin, cheddar and onion quesadilla	Roast pork with apple sauce and gravy
Mushroom and chive quiche	Cumberland ring with red currant and rosemary gravy	Chicken tagine	Cottage pie with herby mash	Slow roast hoi sin duck leg with cabbage salad	Beef burrito	Roast leg of lamb with gravy
Sweet and sour Quorn with peppers and pineapple	Stuffed courgette with roasted vegetables and goats cheese	Pumpkin, cranberry and red onion tagine	Minced Quorn, lentil and roasted squash bolognese	Vegetarian sausage toad in the hole with honey gravy	Minced Quorn and vegetable enchiladas baked in tomato sauce	Vegetable lasagna
Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option
Stuffed mushrooms with barley leeks and breadcrumbs	Crispy tofu with sambal broccoli and onions	Pitta stuffed with falafel and salad	Sweet potato and coconut curry with rice	Sweet potato, chili and red onion quesadillas	n/a	n/a
Plain Grilled	Plain Grilled	Plain Grilled	Plain Grilled	Plain Grilled	Plain Grilled	Plain Grilled
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		
Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options
New potatoes	Roasted new potatoes	Warm tabbouleh salad	Pasta	Roasted new potatoes	Spicy black beans	New potatoes
Rice	Mash potatoes	New potatoes	Wedges potatoes	Chips	Roasted sweet potatoes	Roast potatoes
Savoy Cabbage	Broccoli	Moroccan spiced carrots	Broccoli	Carrots	Steamed green beans	Broccoli
Green beans	Cauliflower	Steamed spinach	Sweetcorn	Savoy cabbage	Sweetcorn	Cauliflower