



# LUNCH CAFETERIA MENU - 2018 Week commencing 19th November



Monday 19th November	Tuesday 20th November	Wednesday 21st November	Thursday 22nd November	Friday 23rd November	Saturday 24th November	Sunday 25th November
Meat Options	Meat Options	Meat Options	Meat Options	Meat Options	Meat Options	Meat Options
Chili Con Carne	Powters Pork & Apple Burger with Pickled Slaw	Lamb Rogan Josh with Naan Bread	Roast lamb with mint Sauce	Catch of the day	Chili Beef Stir Fry	
Louisiana Sausage Jambalaya with Blackened Chicken	Hoi Sin Glazed Duck Leg with Cucumber Salad	Braised Beef Meatballs in Tomato & Pesto Sauce	Chicken Thighs with Chasseur	Steak & Mushroom Pie with Roast Onion Gravy	Chinese Roasted Pork with Soy, Honey & Bok Choi	
Three Bean Chili	Moroccan Spiced Vegetable Tagine	Roasted Cauliflower Chickpea & Spanish Curry with Naan	Wild Mushroom & Spinish Wheat Pasta Bake	Butternut Gnocchi with Feta, Sage & Cream Sauce	BBQ Vegie Slaw Burger	
Fish of the day	Fish of the day	Fish of the day	Fish of the day	Fish of the day	Fish of the day	
Baked potato vegan and gluten free	Baked potato vegan and gluten free	Baked potato vegan and gluten free	Baked potato vegan and gluten free	Baked potato vegan and gluten free	Baked potato vegan and gluten free	
Baked beans	Sautéed Spinach, Mushroom and Garlic	Vegetable Curry	Quorn Bolognaise	Spicy Chick Peas & Leeks	N/A	Brunch
Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options
Broccoli	Steamed Leeks	Steamed Swiss Chard	Cauliflower Cheese	Steamed Spinach	Pak Choi	
Roasted Mooli	Mixed Roasted Roots	Cumin Roasted Carrots	Thyme Roasted Butternut	Roasted Fennel	Kohlrabi with Soy	
Roasted Green Beans	Peas	Runner Beans	Broad Beans	Mushy peas	Sesame Green Beans	
Spicy Wedges	Roasted New Potatoes	Saga Loo	Roast Potatoes	Chips	Sautéed Potatoes	
Gluten free Pasta	Whole wheat Pasta	Gluten free Pasta	Whole wheat Pasta	Gluten free Pasta		
Israeli Cous Cous	Wild Rice	Mixed Grains	Cracked Wheat	Green Quinoa		
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
Broccoli and Stilton	Minestrone	Tomato and Basil	Butternut Squash	Vegetable	Pea and Mint	



# DINNER CAFETERIA MENU - 2018 Week commencing 19th November



Monday 19th November	Tuesday 20th November	Wednesday 21st November	Thursday 22nd November	Friday 23rd November	Saturday 24th November	Sunday 25th 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
Spicy Malay Chicken	Minute Steak with Creamy Mushroom Sauce	Sheppard's Pie	Beef Lasagna	Butternut & Beef Braised Chili	Sticky Bbq Ribs	Roast Turkey with Cranberry Sauce
Beef Madras with Poppadum's	Pork & Leek Platt	Beef Bourguignon	Southern Grilled Chicken & Coleslaw	Chicken with Siracha Sauce	Spanish Pork Burger in Toasted Brioche Bun	Roast Lamb with Mint Sauce
Thai Red Tofu Curry	Stuffed Courgette with Roasted Vegetables & Mozzarella	Quorn & Winter Veg pie	Goats Cheese , Pea & Min Frittata	Vegetable Chili	Roasted Vegetable Spicy Pasta Bake	Roasted Vegetable Wellington
Grilled fish of the day	Grilled fish of the day	Grilled fish of the day	Grilled fish of the day	Scampi, tartar sauce and lemon		
Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option
Root Vegetable Lasagna	Chili , Kale & Bean Stew	Three Bean Bake	Pea & Mint Risotto	Tomato , Rocket & Olive Pasta	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
Spinach	Steamed Cabbage	Broccoli	Kale	Chinese Cabbage	Spinach	Braised Red Cabbage
Thyme Roasted Butternut Squash	Roasted Celeriac	Steamed Carrots	Roast Beetroot with Red Onion	Peppered Swede	Steamed Courgette	Mixed Roast Root Vegetable
Bombay Potatoes	Sauté	Chive Mash	Spicy Wedges	Sweet Potato Fries	Chips	Rosemary Roast Potatoes
Steamed Rice	Cous Cous	Cracked Wheat	Mixed Grain	Wild Rice		