



LUNCH CAFETERIA MENU - 2018 Week commencing 5th November



Monday 5th November	Tuesday 6th November	Wednesday 7th November	Thursday 8th November	Friday 9th November	Saturday 10th November	Sunday 11th November
Meat Options	Meat Options	Meat Options	Meat Options	Meat Options	Meat Options	Meat Options
Steak and Kidney Pie with Short Crust Pastry & Roasted Onion Gravy	Chicken Rogan Josh Curry & Naan Bread	Buttermilk Chicken with Spicy Salsa	Roast Shoulder of Lamb with Mint Sauce	Catch of the day	Grilled Pork Chop with Wholegrain Creamy Mustard Sauce	
Butterfly Hunters Chickens Breast	Grilled Minute Steak with Peppercorn Sauce	Spanish Sausage Cassoulet with Haricot Beans	Italian Beef Meat Balls with Spicy Arabatta Sauce	Pork Schnitzel with Garlic & Sage Butter	Beef Bolognese with Spaghetti	
Goats Cheese , Sundried Tomato & Herb Frittata	Thai Green Tofu & Pepper Curry with Nan Bread	Mushroom Ravioli with Pinenuts , Tomato & Rocket	Creamy Pepper & Kale Pasta Bake	Macaroni Cheese	Lentil bolognese with Spaghetti	
Sea bass with cajun pepper	fish of the day	fish of the day	fish of the day	fish of the day	fish of the day	
Vegan/Gluten Free Option	Vegan/Gluten Free Option	Vegan/Gluten Free Option	Vegan/Gluten Free Option	Vegan/Gluten Free Option	Vegan/Gluten Free Option	
Stuffed Mushrooms with Sautéed Leeks & Quinoa	Baked Pepper Stuffed With Lentils	Baked Aubergine Rattatouie	Baked Courgette Spicy Rice	Beef Tomatoes Stuffed With Brown Rice with Roasted Vegetables		Brunch
Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options
Steamed cabbage	Alo Gobi	Steamed Broccoli	Cauliflower	Spinach	Broccoli	
Roasted Celeriac	Thyme Roasted Carrots	Balsamic Roasted Beetroot	Fennel with Tomato & Olive	Sticky Braised Red Cabbage	Mixed roasted root vegetables	
Lemon Green Beans	Peas	Steamed Broad Beans	Runner beans	Mushy Peas	Mange Tout	
Champ Mash Potatoes	Sautéed Potatoes	Garlic Roasted New Potatoes	Thyme Roasted Potatoes	Chips	Crushed New Potatoed	
Gluten free Pasta	Whole wheat Pasta	Gluten free Pasta	Whole wheat Pasta	Gluten free Pasta		
Cous Cous	Steamed Rice	Steamed Quinoa	Brown Rice	Cracked Wheat		
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
Potato & Broccoli and Spinach	White Onion & Thyme	Tomato & Basil	Thai Sweet Potato & Coconut	Minestrone	Carrot and Coriander soup	



DINNER CAFETERIA MENU - 2018 Week commencing 5th November



Monday 5th November	Tuesday 6th November	Wednesday 7th November	Thursday 8th November	Friday 9th November	Saturday 10th November	Sunday 11th 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
Grilled Lemon & Thyme Turkey Escalope with Creamy Mustard & Mushroom Sauce	Beef Chili Nachos	Beef Lasagna	Pad Thai Chicken Noodles	Spanish Chorizo & Chicken Paella	Baked Beef Enchiladas	Roast Shoulder of Pork with Apple Sauce
Chicken Jambalaya	German Bratwurst with Sauerkraut	Chicken Fricassee with Button Mushrooms & Baby Onions	Hoi Sin Roasted Duck Leg with Chili , Sesame & Bok Choi	Beef Chow Main	Tandoori Spiced Chicken on Pitta wit Raita	Roast Leg of Lamb with Mint Sauce & Gravy
Freekeh with Chickpeas & Peppers	Quorn Chili Nachos	Roasted Root Vegetable Lasagna	Roasted Vegetable Biryani	Vegetable Paella	Minced Quorn & Vegetable Enchiladas Baked in Tomato Sauce	Mushroom & Spinach En Croute
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
Sweet Potato and Coconut Curry with Rice	Crispy Tofu with Sambal Broccoli and Onions	Gluten Free Pitta Stuffed with Falafel and Salad	Stuffed Mushrooms with Barley Leeks and Roasted Red Onion	Sweet Potato, Chili and Red Onion in Corn Quesadillas	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
Roasted New Pots	Chips	Dolphinouse	Jacket potato	Boulongere	Sweet Potato Fires	Rosemary Roasted Potatoes
Green Quinoa	Steamed Rice	Cracked Wheat	Brown Rice	Cous Cous		
Sticky Braised Red Cabbage	Chinese Cabbage	Kale	Sautéed Cabbage	Calvro Nero	Broccoli	Cauliflower
Snow peas and mange tout	Refried Beans	Broad Beans	Runner beans	peas	Steamed mixed beans	Green Beans