



LUNCH CAFETERIA MENU - 2018 Week commencing 5th March



Monday 5th March	Tuesday 6th March	Wednesday 7th March	Thursday 8th March	Friday 9th March	Saturday 10th March	Sunday 11th March
Meat Options	Meat Options	Meat Options	Meat Options	Meat Options	Meat Options	Meat Options
Mushroom and spinach quesadilla with ricotta	Caribbean jerk chicken pieces with black bean salad	Grilled minute steak with tomato, red onion and goats cheese salad	Roast beef with Yorkshires and gravy	Catch of the day	Grilled pork steak with pear and brie glaze	
Steak and kidney pie with grained mustard jus	Stir fried pork with chili and cashew nuts	Parmesan encrusted turkey with warm pasta and spinach salad	Moroccan spiced chicken with giant cous cous pilaff	Herb encrusted chicken with a warm cracked wheat salad and toasted sunflower seeds	Sheppard's pie	
Warm Leek and stilton quiche	Roasted pepper, goats cheese and herb frittata	Baked jacket with lentil chili stuffing and sour cream	Medditterrean vegetable pasty with tomato sauce	Whole wheat pasta with roasted cherry tomatoes and basil pesto	Spinach and ricotta tortellini with tomato and basil sauce	
Fish Option	Fish Option	Fish Option	Fish Option	Fish Option	Fish Option	
Fish of the day	Fish of the day	Fish of the day	Fish of the day	Fish of the day	Fish of the day	
Asian Snack Option	Asian Snack Option	Asian Snack Option	Asian Snack Option	Asian Snack Option	Asian Snack Option	
Hot and sour vegetable broth with tofu	Vegetable chow mein with edamne beans	Aubergine MA PO tofu	Vegetable and bean curd rolls	Pan fried tofu with spiced black eyed beans	N/A	Brunch
Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options
Butter baked jacket halves	Roasted sweet potato with coriander	Lyonnais potatoes	Roast potatoes	Chips	Mash	
Steamed new potatoes	Steamed rice	Roasted new with lemon and rosemary	Sauté potatoes	Lemon and oregano dressed new potatoes	New potatoes	
Steamed carrots	Pak choy with chili and onions	Broccoli	Cauliflower cheese	Peas	Steamed carrots	
Steamed Savoy cabbage	Steamed sweetcorn	Green beans	Steamed carrots	Roasted courgette's	Broccoli	
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
Tomato and basil soup	Leek and potato soup	Mushroom soup	Spiced butternut squash soup	Vegetable soup	Broccoli and stilton soup	BRUNCH
Hot Dessert	Hot Dessert	Hot Dessert	Hot Dessert	Hot Dessert	Hot Dessert	Hot Dessert
Apple crumble with custard	Sticky toffee pudding with cream	Raspberry jalousie with cream	Peaches and blackberries with cream	Rice pudding with raspberry jam	Selection of cold desserts	



DINNER CAFETERIA MENU - 2018 Week commencing 5th 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
Grilled chicken with a chorizo and white bean casserole	Turkey escalope with cranberry and brie melt	Braised beef steak with ale and onions	Grilled gammon steak with pineapple and chili salsa	Piri Piri chicken thighs	Beef burger with gherkins and cheese	Roast brisket of beef with Yorkshires and gravy
Mushroom and white bean bake with herb and garlic crust	Grilled lamb steak with spicy tomato sauce	Butterflied chicken breast with tomato, red onion and olive salad	Minced beef, butternut and black bean chili with yoghurt	Tagine of lamb, dates, apricots and honey	Breaded chicken burger with garlic mayo	Roast Turkey with cranberry sauce and gravy
Vegetable chow Mein with edamne beans and tofu	Stuffed peppers with ratatouille and goats cheese	Wild rice and root vegetable coullibiac with white wine cream sauce	Spinach and lentil dhal with naan	Roasted courgette's and mushrooms in a cream sauce with tagliatelle	Vegetable burger with lemon mayo	Whole wheat pasta and vegetable bake
Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option	Vegan Option
Aubergine and chick pea penne with harissa	Thai sweet potato and bean stew	Vegetable Sheppard's pie	Chick pea tagine	Stir fried vegetables with tofu and noodles	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	Scampi, tartar sauce and lemon		
Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options	Potato & Vegetable Options
Sauté potatoes	Herby diced potatoes	Sweet potato fries	Rice	Cchips	New potatoes	New potatoes
New potatoes	Roasted new with garlic and rosemary	Mash	Chips	Cous Cous	Chips	Roast potatoes
Green beans	Broccoli	Cauliflower	Green beans	Spinach	Onion rings	Broccoli
Spinach	Savoy cabbage	Peas	Sweetcorn	Roasted courgette's	Sweetcorn	Cauliflower