



# LUNCH CAFETERIA MENU - 2018 Week commencing 21st May



| Monday 21st May   | Tuesday 22nd May  | Wednesday 23rd May  | Thursday 24th May   | Friday 25th May  | Saturday 26th May                                      | Sunday 27th May                       |
|---|---|---|---|--|--|---------------------------------------|
| <b>Meat Options</b>   | <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 Poppadum's and Chutneys              | Grilled BLT Burger with brioche bun                         | Roast Leg of Lamb with Mint Sauce                               | Catch of the day   | Grilled Pork Chop with Wholegrain Creamy Mustard Sauce |                                       |
| Quorn Moussaka  | Grilled Pork Chop with Fresh Pesto & Herb Crumb Topping | Chinese Roasted Duck Leg with Soy, Honey & Bok Choi         | Pan Fried Breast of Chicken in White Wine & Wild Mushroom Sauce | Piri Piri Chicken on Pitta with Onion Salad & Yoghurt Dressing | Beef Bolognese with Spaghetti                          |                                       |
| Wild Mushrooms and Courgette Arancini with Spicy Tomato Sauce | Courgette & Aubergine Masala                            | Spicy Bean Burger with Brioche Bun & Chili & Tomato Chutney | Butternut , Spinach & Pinenut Pie                               | Falafel on Pitta with Onion Salad & Yoghurt Dressing           | Lentil bolognese with Spaghetti                        |                                       |
| <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  |                                       |
| <b>Gluten Free and Vegan Snack Option</b>                     | <b>Gluten Free and Vegan Snack Option</b>               | <b>Gluten Free and Vegan Snack Option</b>                   | <b>Gluten Free and Vegan Snack Option</b>                       | <b>Gluten Free and Vegan Snack Option</b>                      | <b>Gluten Free and Vegan Snack Option</b>              |                                       |
| Stuffed Cabbage with a Root Vegetable                         | Baked Courgette with Provençal Quorn and Vegetables     | Baked Aubergine with a Raisin, Roasted Onion Pilaff         | Baked Pepper Stuffed with Tomato lentils and Herbs              | Stuffed Mushrooms with Sautéed Leeks and Red Onions            | N/A  | 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> |
| Seasonal vegetables   | Seasonal vegetables                                     | Seasonal vegetables   | Seasonal vegetables   | Seasonal vegetables  | Seasonal vegetables                                    |                                       |
| <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>                |
| Tomato and basil soup   | Mushroom Soup   | 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 Pineapple Cake with Cream                       | Coffee & Walnut Sponge with Custard                             | Poached Fruit with Cream                                       |  |                                       |

