

## Monday 14<sup>th</sup> May 2018

### LUNCH

- Soup
- Tofu “Chorizo” & Lemon Cauliflower Rice (vegan)
- Root Vegetable & Pea Cottage Pie (v)
- Poached Salmon  
Sauce Vierge
- Turkey Meat Balls in Tomato Sauce  
Topped with Mozzarella
- Jacket Potatoes with Various Fillings

Rice  
New Potatoes  
Green Beans

### DINNER

- Soup
- Mediterranean Baked Sweet Potatoes (Vegan)  
Chick Pea Salsa
- Vegetable Stir Fry (v)  
Steamed Buns, Spring Onions
- Grilled Cod  
Almond Butter
- Asian Spiced Chicken (Halal)  
Steamed Buns, Spring Onions
- Jacket Potatoes with Various Fillings

Chips  
Tossed Salad  
Spring Rolls

### ***‘Break the Fast’***

*As well as the above Cafeteria options*

*Suhoor Appropriate---Cinnamon, Honey, Raisin, Almond, Oats*

**Tuesday 15<sup>th</sup> May 2018**

**Lunch**

- Soup
- Mixed Mushroom & Bean Stroganoff  
(Vegan)
- Vegetable Hot Pot (v)
- Baked Fish  
Tomato & Herb Dressing
- Chicken and Lentil Casserole (Halal)
- Jacket Potatoes with Various Fillings

Sautéed Potatoes Carrots Broccoli
---

## Wednesday 16<sup>th</sup> May 2018

### LUNCH

- Soup
- Mixed Vegetable Risotto (Vegan)  
Vegan Parmesan
- Vegetable Wellington (v)  
Vegetable Gravy
- Roast Fish  
Red Pesto
- Roast Chicken (Halal)  
Onion Stuffing, Gravy
- Jacket Potatoes with Various Fillings

Roast Potatoes  
Carrots  
Cauliflower Cheese

### DINNER

- Soup
- Roasted Squash, Chickpeas, Pine Nuts &  
Spinach (Vegan)
- Vegetable Sausage Casserole (V)
- Smoked Haddock  
Tomato, Cheese and Parsley
- Grilled Bacon Steak  
Pineapple & Chilli Salsa
- Jacket Potatoes with Various Fillings

Creamed Potato  
Steamed Broccoli  
Cabbage

### **'Break the Fast'**

*As well as the above Cafeteria options*  
*Cinnamon, Almond, Honey, Raisin, Oats*  
*Lentil & Mushroom Soup*  
*Samosas*

## Thursday 17<sup>th</sup> May 2018

### LUNCH

- Soup
- Grilled Cauliflower (Vegan)  
Cannellini Beans & Herb Pesto
- Sweet Potato and Chick Pea Stew (v)
- Grilled Fish  
Herb Butter Sauce
- Moroccan Spiced Lamb Stew
- Jacket Potatoes with Various Fillings

Minted Cous Cous  
Peas  
New Potatoes

### DINNER

- Soup
- Butternut Squash Kale and Quinoa Bake (Vegan)
- Sweet Potato, Chick Pea and Spinach Curry (v)
- Baked Fish Parsley and Lemon Sauce
- Slow Cooked Orange Chicken (Halal)
- Jacket Potato with a Choice of Fillings

Steamed Rice  
Spring Rolls  
Peas

### ***'Break the Fast'***

*As well as the above Cafeteria options*  
*Cinnamon, Almond, Honey, Raisin, Oats*  
*Lamb Bolognese with Penne Pasta*  
*Samosas*

**Friday 18<sup>th</sup> May**  
**LUNCH**

- Soup
- Grilled Tofu & Stir-fried Vegetables (Vegan)  
Noodles
- Vegetable Schnitzel (v)  
Brioche Buns
- Breaded Plaice  
Tartar Sauce & Lemon
- Piri Piri Chicken (Halal)  
Cucumber Pickle
- Jacket Potatoes with Various Fillings

Fresh Chips  
Peas  
Mixed Salad

**DINNER**

- Soup
- Vegan Green Chilli Mac 'n' Cheese (Vegan)
- Pea And Mint Risotto (v)  
Vegan Parmesan
- Breaded Scampi  
Tartar Sauce, Lemon
- Grilled Rump Steak  
Mushroom, Spinach, Cream Sauce
- Jacket Potatoes with Various Fillings

Sweet Potato Chips  
Peas  
Tossed Salad

**'Break the Fast'**  
**As well as the above Cafeteria options**  
*Cinnamon, Almond, Honey, Raisin, Oats*  
*Chicken Biryani*  
*Samosas*

## Sunday 20<sup>th</sup> May 2018

### LUNCH

- Soup
- Vegan Sausages  
Lentil & Red Onion Gravy
- Sage & Apricot Nut Roast (v)  
Pickled Red Cabbage
- Seared Salmon  
Roast Tomatoes, Kale
- Roast Chicken (Halal)  
Sage & Onion Stuffing, Gravy
- Jacket Potatoes with Various Fillings

Roast Potatoes Honey Glazed Carrots Savoy Cabbage
---

### DINNER

Same as above except also includes 'Break The Fast' option

#### *'Break the Fast'*

*As well as the above Cafeteria options*

*Cinnamon, Almond, Honey, Raisin, Oats*

*Lamb & Aubergine Stew*

*Samosas*