

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDENT SPECIAL MAIN MEAL WITH TWO PRE-SET SIDES INCLUDED	CHICKEN MEATBALLS WITH HERB PASTA AND GARLIC BREAD	LEEK AND MUSHROOM BAKED GNOCCHI WITH BROCCOLI AND SPINACH SALAD	HONEY ROASTED CHICKEN LEG WITH MASH AND PEAS	LAMB KOFTAS WITH PITTA BREAD, CHOPPED SALAD AND GARLIC MAYO	VEGETARIAN LASAGNE WITH GARLIC FLATBREAD AND SAUTÉED COURGETTES	B R U N C H	
ALTERNATIVE DISH	GRILLED CAULIFLOWER STEAKS WITH TZATZIKI, DUKKHA AND POMEGRANATE	GRILLED BAVETTE STEAK CIABATTA WITH BALSAMIC ONIONS AND ROCKET	SPINACH MACARONI CHEESE	FALAFEL, HUMOUS AND ROCKET BURGER	BAKED AUBERGINE WITH LENTIL RAGOUT		
ALLERGEN FRIENDLY DISH	SWEET POTATO AND CHICKPEA CURRY	SWISS CHARD AND SQUASH GRATIN	MUSHROOM AND LENTIL RAGOUT WITH SOFT POLENTA	SPINACH AND POTATO SAAG ALOO	GLUTEN-FREE BATTERED FISH WITH LEMON		
STUDENT SPECIAL MAIN MEAL WITH TWO PRE-SET SIDES INCLUDED	QUORN BOLOGNAISE WITH HERB PASTA AND GARLIC BREAD	LEEK AND MUSHROOM BAKED GNOCCHI WITH BROCCOLI AND SPINACH SALAD	HONEY ROASTED CHICKEN LEG WITH MASH AND PEAS	LAMB KOFTAS WITH PITTA BREAD, CHOPPED SALAD AND GARLIC MAYO	VEGETARIAN LASAGNE WITH GARLIC FLATBREAD AND SAUTÉED COURGETTES	PEPPERONI PIZZA / HAM AND PINEAPPLE PIZZA	LENTIL SLOPPY JOE WITH VEGAN FETA
ALTERNATIVE DISH	SPICY BEAN BURGER WITH SMASHED AVOCADO	GRILLED MACKEREL WITH WARM NIÇOISE SALAD	CRISPY ONION SEED TEMPEH RICE BOWL WITH SOYA AND SESAME DRESSING	PEARL BARLEY RISOTTO WITH CRISPY ONIONS	PULLED CHICKEN BAGEL WITH SPICY SLAW	MARGHERITA PIZZA	PIRI PIRI QUORN STEAK WITH MANGO SALSA
ALLERGEN FRIENDLY DISH	RATATOUILLE STUFFED AUBERGINES	SPICY BEAN TOSTADA WITH GRILLED CORN SALSA, PICKLED ONIONS AND RADISH	CHILLI AND LIME COURGETTE FRITTERS WITH COCONUT RAITA	ROASTED AUBERGINE AND TOMATO CURRY	GRILLED VEGAN CHEESE KEBAB WITH QUINOA TABBOULEH	BROCCOLI, COURGETTE AND WILD GARLIC BAKE	ROASTED PORK BELLY WITH CARAMELIZED APPLES
PUDDING	APPLE STRUDEL WITH CUSTARD	CARAMELIZED BANANA AND CHOCOLATE SPONGE WITH SALTED CARAMEL SAUCE	RICE PUDDING WITH RHUBARB COMPOTE	PEACH CRUMBLE WITH WHITE CHOCOLATE SAUCE	JAM AND COCONUT SPONGE WITH CUSTARD	FRENCH TOAST WITH SPICED FRUITS AND CREAM	PINEAPPLE UP-SIDE DOWN CAKE
SIDES	-CHIPS -CORN ON THE COB -BRAISED RICE -GREEN BEANS -CRUSHED NEW POTATOES	-CHIPS -QUINOA -BROCCOLI -PESTO CAULIFLOWER -CUMIN RICE	-CHIPS -ROASTED NEW POTATOES -CORIANDER RICE -BRAISED RED CABBAGE -SAUTÉED PEPPERS	-CHIPS -SPICED POTATO WEDGES -GREEN BEANS AND MANGETOUT -STEAMED CARROTS -RICE	-CHIPS -RICE -BBQ BEANS -MUSHY PEAS / ROASTED VEGETABLES -SAUTÉED COURGETTES	-CHIPS -STEAMED RICE -FIVE SPICE SAUTÉED POTATOES -CHILI AND GARLIC BROCCOLI -SAUTÉED CARROTS	-CHIPS -ROASTED POTATOES -STEAMED QUINOA -HERBY CRUSHED SWEDE -PEAS

ALLERGEN FRIENDLY DISH