WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDENT SPECIAL MAIN MEAL WITH TWO PRE-SET SIDES INCLUDED	Potato pancake with guacamole and salsa, Refried beans and corn on the cob	STEAMED HADDOCK WITH GRILLED BABY GEM AND PARSLEY OIL, GRILLED PEPPERS AND MASH POTATO	CLASSIC BEEF LASAGNE, GARLIC BREAD AND SAUTÉED SPINACH	Confit chicken, focaccia and coleslaw	Dhal Makhari, broccoli and fried onion rice	F	
ALTERNATIVE DISH	PUY LENTIL AND VEGETABLE LOAF WITH MOZZARELLA ,AND ROASTED TOMATO AND BASIL SAUCE	Blue cheese and roasted courgette frittata	TEMPEH GOUJONS WITH CHARRED BROCCOLI AND HOISIN SAUCE	Halloumi fries with crunchy salad	TOMATO AND MOZZARELLA TOASTIE	U N C H	
ALLERGEN FRIENDLY DISH	CHICKEN WITH ROASTED PEPPERS AND ONION	Pea and spinach risotto	QUINOA AND VEGAN FETA BALLS WITH RED PEPPER SAUCE	GLUTEN-FREE ARANCINI WITH SPINACH AND PEAS	GLUTEN-FREE BATTERED FISH WITH LEMON		
STUDENT SPECIAL MAIN MEAL WITH TWO PRE-SET SIDES INCLUDED	Potato pancake with guacamole and salsa, Refried beans and corn on the cob	STEAMED HADDOCK WITH GRILLED BABY GEM AND PARSLEY OIL, GRILLED PEPPERS AND MASH POTATO	CLASSIC BEEF LASAGNE, GARLIC BREAD AND SAUTÉED SPINACH	Confit chicken, focaccia and coleslaw	Dhal Makhari, broccoli and fried onion rice	Wild mushroom, spinach, vegan cheese and pine kernel Wellington	BBQ ribs
ALTERNATIVE DISH	Parmigiana	Mixed and black bean quesadilla with pico de gallo	Celeriac steak with BBQ glaze, roasted peppers and blue cheese crumble	Portobello Mushroom burger with goat cheese, onion chutney and rocket	Crispy fried beef with peppers and refried beans	Spanakopita	Halloumi and bean burrito
ALLERGEN FRIENDLY DISH	Red lentil curry	STIR-FRY RICE NOODLES WITH TURMERIC BATTERED CAULIFLOWER	CHICKPEA STUFFED COURGETTE WITH SPICY TOMATO SAUCE	Veggie chili nachos	VEGETABLE FRITTERS WITH COCONUT AND CUMIN YOGHURT	Roasted lamb with Mediterranean veg	VEGAN SAUSAGE ROLL WITH TOMATO CHUTNEY
PUDDING	APPLE TARTE TATIN WITH SALTED CARAMEL SAUCE	Peach and custard crumble	Banana and chocolate bread with caramel sauce	Rhubarb cake with white chocolate sauce	Coconut cake with chocolate sauce	Pear and chocolate cake with cinnamon sauce	CINNAMON ROLL
SIDES	-CHIPS -Corn on the cob -Garlic green beans -Steamed rice -Parsley new potatoes	-Chips -Roasted courgette -Paprika potato wedges -Grilled peppers -Warm quinoa salad	-Chips -Maple glazed carrots -Roast sweet potato -Steamed broccoli -Crispy polenta bites	-Chips -Green beans -Roasted turmeric cauliflower -Sticky rice -Mash potato	-Chips -Mushy peas/bok choi -Broccoli -Spicy sweet potato -Fried onion rice	-Chips -Quinoa -New potatoes -Grilled peppers -Mangetout with leeks	-Chips -Paprika wedges -Green beans -Glazed carrots -Spiced chickpeas with peppers

ALLERGEN FRIENDLY DISH