




Refectory Lunch Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main courses	Tikka chicken with rice ...	Braised beef meatballs in tomato sauce with pasta ...	Beef lasagne ...	Roast loin of pork ...	Baked batter crisp fish  ...
Vegetarian	Roast vegetable curry	Roasted vegetable lasagne	Roasted vegetable quiche	Vegetable cottage pie	Vegetarian meal of the day
Pudding	Pudding of the day				
Snacks	<p>A selection of the following are available daily:</p> <p>potatoes and vegetables • salads • filled jacket potatoes • hot snacks • pizza snack pots • dessert pots • fresh fruit • cold drinks</p>				

	Monday	Tuesday	Wednesday	Thursday	Friday
Main courses	Chilli con carne	Cottage pie	Hunters chicken	Roast beef with Yorkshire pudding	Battered fish fillet 
...
Vegetarian	Three beans	Ratatouille, bean and cheese quesadillas mixed salad coleslaw	Roast vegetable quiche	Vegetable cottage pie	Vegetarian meal of the day
Pudding	Pudding of the day				
Snacks	<p>A selection of the following are available daily:</p> <p>potatoes and vegetables • salads • filled jacket potatoes • hot snacks • pizza snack pots • dessert pots • fresh fruit • cold drinks</p>				



	Monday	Tuesday	Wednesday	Thursday	Friday
Main courses	Beef bolognaise fusilli bake	Beef and winter stew	Sausage and onion gravy	Roast chicken wrap in bacon with roast potatoes	Battered fish fillet 
...
Vegetarian	Roast vegetable pasta Bake	Vegetable cottage pie	Roast vegetable quiche, mixed salad, coleslaw	Baked cauliflower cheese and broccoli	Vegetarian meal of the day
Pudding	Pudding of the day				
Snacks	<p>A selection of the following are available daily:</p> <p>potatoes and vegetables • salads • filled jacket potatoes • hot snacks • pizza snack pots • dessert pots • fresh fruit • cold drinks</p>				