

# Meal of the Day Menu



## Week 1

W/C Dates: 01/11/21, 22/11/21, 13/12/21,  
03/01/22, 24/01/22, 07/03/22, 28/03/22

### Monday

Cheesy Potato Bake with Broccoli (v)  
Cheese and Tomato Pizza Baguette with Broccoli (v)  
Dessert - Fruity Flapjack Bar

### Tuesday

Sausage Ragu with Courgette  
Sausage on a Roll with Courgette (v)  
Dessert - Peach and Mango Yoghurt

### British Roast Wednesday

Chicken Dinner, Stuffing & Trimmings  
Lentil Dinner, Stuffing & Trimmings (v)  
Dessert - Cocoa and Orange Pyramid Cake & Chocolate Custard

### Thursday

Chilli Beef Enchiladas, Rice & Mexican Beans  
Mexican Bean Enchiladas, Rice & Roasted Peppers (v)  
Dessert - Winter Spiced Fruit

### Fishtastic Friday

Fish, Chips & Peas  
Quorn Dippers, Chips & Peas (v)  
Dessert - Toffee Bananas & Ice-cream

## Week 2

W/C Dates: 08/11/21, 29/11/21, 20/12/21,  
10/01/22, 31/01/22, 21/02/22, 14/03/22

### Monday

Sweet Potato & Mango Curry, Naan, Rice & Roasted Cauliflower (v)  
Crispy Cheese & Veg Wrap with Side Salad (v)  
Dessert - Winter Berries & Custard

### Tuesday

Cottage Pie, Crusty Bread, Shredded Greens & Pickles  
Vegetable Frittata, Potato Wedges and Side Salad (v)  
Dessert - Fruit Shortbread

### British Roast Wednesday

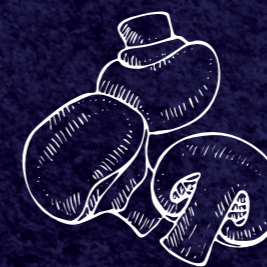
Braised Pork & Apple Dinner with Trimmings  
Quorn & Apple Dinner with Trimmings (v)  
Dessert - Oat Crunch & Vanilla Yoghurt

### Thursday

Cheese & Herb Chicken, Pasta & Green Beans  
Creamy Garlic & Cheese Pasta with Green Beans (v)  
Dessert - Banana Pancakes

### Fishtastic Friday

Fish, Chips & Peas  
Vegetable Pizza, Chips & Peas (v)  
Dessert - Raspberry Ripple Mousse



## Week 3

W/C Dates: 15/11/21, 06/12/21, 17/01/22,  
07/02/22, 28/02/22, 21/03/22

### Monday

Sausage Roll, Potato Wedges & Baked Beans (v)  
Cheese & Onion Roll, Potato Wedges & Baked Beans (v)  
Dessert - Pear Crumble & Custard

### Tuesday

Teriyaki Style Chicken, Noodles & Stir Fry Vegetables  
Teriyaki Quorn, Noodles & Stir Fry Vegetables (v)  
Dessert - Toffee Apple Rice Pudding

### British Roast Wednesday

Roast Beef Dinner & Yorkshire Pudding with Trimmings  
Vegetarian Sausage & Yorkshire Pudding with Trimmings (v)  
Dessert - Fudge Yoghurt

### Thursday

Meatballs in a Rustic Tomato Sauce, Pasta & Mozzarella  
with Mediterranean Vegetables  
Cheese Burger & Corn Cob (v)  
Dessert - Lemon Drizzle Cake

### Fishtastic Friday

Fish Fingers, Chips & Peas  
Cheese & Squash Dip, Crusty Bread & Peas (v)  
Dessert - Melon Selection

(Plus, a wide selection of hot & cold favourites available daily)

(v) - Vegetarian

Meal options and menus available on request for special dietary requirements including Gluten Free, Dairy Free and Egg Free, Halal, and Carbohydrate Counts can be provided for diabetic students