

Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday (Excursion Day)	
Continental breakfast	Breakfast							
	Cereals: cornflakes, oats, granola, rice krispies, choco pops Milk, milk alternatives, plain or fruit yoghurt Fresh fruit Morning rolls, whole meal bread, sweet pastries Butter, vegetable oil spread Selection of cold cuts and cheeses Tea, coffee, fruit juice							
	Lunch			Packed Lunch				
	Minced pork ragout with pasta	Chicken nuggets	Pepperoni & cheese pizza	Beef meatballs Italian style	Beef burgers	Ham sandwich, bottle of water, fruit, packet of crisps, chocolate/biscuits or		
	Jumbo spring roll	Sweet potato, lentil & spinach frittata	Four cheeses pizza	Vegetarian curry with lentils	Veggie burgers			
	Starches	Skin-on fries	Creamy potatoes	Curly fries	Pasta/steamed rice	French fries	Cheese sandwich, bottle of water, fruit, packet of crisps, chocolate/biscuits	
	Vegetables	Buttered carrots	Sweetcorn & peas	Roasted root vegetables, salads	Mixed vegetables	Green beans		
Meat option	Dinner							
	Breaded cod	Oven baked lemon & rosemary chicken	Chicken Kiev	Baked beef lasagne	BBQ chicken breast	Mediterranean chicken	Beef meatballs with toscana sauce	
	Vegetarian lasagne	Vegetarian curry	Vegetable and mixed bean stew	Aubergine Provençale	Spiced vegetable skewers	Vegetable pasta bake	Roasted Root vegetable & butter bean stew	
	Starches	Chips, jacket potatoes	New potatoes / steamed rice	Steamed rice	Garlic bread	Spicy potato wedges	French fries	Pasta
	Vegetables	Garden peas	Broccoli	Carrot & parsnip	Baton carrots	Wok fried greens	Corn on the cob	Green beans
	Dessert	Vanilla pound cake	Blueberry muffin	Apple crumble	Chocolate mousse	Banana bread	Carrot cake	Rice pudding with jam

Please note that the content of a weekly menu differs by campus and varies every week.

