

# Sample Menu

	Monday (Excursion Day)	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							
	Packed Lunch	Lunch				Packed Lunch		
	Meat option	Ham sandwich, bottle of water, fruit, packet of crisps, chocolate/biscuits or Cheese sandwich, bottle of water, fruit, packet of crisps, chocolate/biscuits	Minced pork ragout with pasta	Pepperoni & cheese pizza	Beef meatballs Italian style	Beef burgers	Ham sandwich, bottle of water, fruit, packet of crisps, chocolate/biscuits	
	Meat-free option		Jumbo spring roll	Four cheeses pizza	Vegetarian curry with lentils	Veggie burgers	or	
	Starches		Skin-on fries	Curly fries	Pasta/steamed rice	French fries	Cheese sandwich, bottle of water, fruit, packet of crisps, chocolate/biscuits	
	Vegetables		Buttered carrots	Roasted root vegetables, salads	Mixed vegetables	Green beans		
Dinner	Meat option	Breaded cod	Oven baked lemon & rosemary chicken	Chicken Kiev	Baked beef lasagne	BBQ chicken breast	Mediterranean chicken	Beef meatballs with toskana sauce
	Meat-free option	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.

