**Atley Michaelmas Term**

**Week 1 (W/C 07/10/2019) 5 (W/C 04/11/2019) 9 (W/C 02/12/2019)**

**Monday lunch**
- Chickpea, bean and pepper curry with toasted coconut (vegan)
- Halloumi and sweet potato Kofta with pickled cabbage (v)
- Breaded fish of the day and chive mayo
- Penne pasta with smoked fish in a dill and cream sauce

**Monday dinner**
- Bean and vegetable burrito (vegan)
- Margherita pizza (v)
- Chicken and mushroom pie
- BBQ bacon steak with Boston beans

**Tuesday lunch**
- Vegetable pakora (vegan)
- Cannelloni Verdi (v)
- Cheeseburger with salad and onion rings
- Harissa baked chicken thighs

**Tuesday dinner**
- THEME NIGHT
  - Jerk tofu skewer (vegan)
  - Mushroom, bean and pepper stroganoff (v)
  - Chicken jalfrezi with naan bread
  - Confit duck leg with plum sauce

**Wednesday lunch**
- Falafel with marinated cabbage and flat bread (vegan)
- Pea, asparagus and goats cheese quiche (v)
- Smoked haddock with tomatoes and leeks
- Bombay fish pie

**Wednesday dinner**
- Thai mango and chickpea curry (vegan)
- Quorn sausage and pepper pasta bake (v)
- Lamb tagine with chickpeas and apricots
- Hunters chicken

**Thursday lunch**
- Mock duck and vegetable stir fry (vegan)
- Tortellini formaggio (v)
- Cajun baked salmon with salsa
- Caribbean fish stew
Thursday dinner
Guacamole and squash filled mushroom with cashew cheese  (vegan)
Creamy leek, potato and cheese pie  (v)
Chicken lasagne
Crispy chilli beef with noodles

Friday lunch
Cauliflower, potato and spinach curry  (vegan)
Grilled vegetable ravioli in a chunky vegetable sauce  (v)
Poached fish of the day with ginger and sesame broth
Fried fish of the day

Friday dinner
Lentil and vegetable taco  (vegan)
Mediterranean vegetable and feta crumble  (v)
Breaded pork escalope with roast garlic mayo
American style brisket

Saturday lunch
Brunch

Saturday dinner
Crispy breaded tofu steak  (vegan)
Noodles with cashew nuts and crispy vegetables  (v)
Tikka baked chicken and marinated cabbage wrap
Pasta bolognaise

Sunday lunch
Brunch

Sunday dinner
Spiced bean filled aubergine with a crumble topping  (vegan)
Mushroom wellington  (v)
Roast turkey breast with pigs in blankets
**Buttery Michaelmas Term**

**Week 2 (W/C 14/10/2019) & 6 (W/C 11/11/2019)**

**Monday lunch**
- Leek, sun dried tomato and rice stuffed mushrooms (vegan)
- Cheese and onion pasty (v)
- Beef lasagne
- Pork steak with maple & wholegrain mustard glaze

**Monday dinner**
- Lentil, vegetable and potato pie (vegan)
- Vegetable and bean enchiladas (v)
- Thai spiced tuna steak with Asian slaw
- Jumbo fish fingers

**Tuesday lunch**
- Bean and sweet potato turnover (vegan)
- Roasted pepper and pea frittata (v)
- Turkey and ham pie
- Lamb koftas

**Tuesday dinner**
**THEME NIGHT**

**Wednesday lunch**
- Mexican stuffed tomatoes (vegan)
- Lemon, garlic and rosemary tofu schnitzel (v)
- Roast turkey breast with cranberry sauce
- Sticky thyme and mustard bacon steaks

**Wednesday dinner**
- Jackfruit and vegetable wrap (vegan)
- Courgette fritters with salsa (vegan)
- Pesto and olive crusted fish
- Fish cakes

**Thursday lunch**
- Vegan katsu curry (vegan)
- Vegetable and lentil lasagne (v)
- Pork stir fry with pesto and pasta
- Lemon, garlic and rosemary turkey schnitzel
Thursday dinner
Pasta with watercress, mushrooms in a oat milk sauce (vegan)
Warm nicoise salad with crumbled feta (v)
Fish pie with crunchy topping
Smoked salmon pasta

Friday lunch
Baby corn, green pepper and oyster mushrooms black bean sauce (vegan)
Vegetable, bean and Quorn shepherds pie (v)
Baked fish with a cherry tomato dressing
Fried fish of the day

Friday dinner
BBQ vegetable pitta (vegan) with BBQ halloumi (v)
Cheeseburger with salad and onion rings (v)
Katsu chicken

Saturday lunch
Brunch

Saturday dinner
Vegetable spring rolls with sweet chilli sauce (vegan)
Pasta with tomato sauce and cheese (v)
Jamaican jerk chicken thighs
Meat feast pizza

Sunday lunch
Brunch

Sunday dinner
Roasted vegetable strudel (vegan)
Toad in the hole (v)
Roast topside of beef and Yorkshire pudding
Buttery Michaelmas Term

Week 3 (W/C 21/10/2019) & 7 (W/C 18/11/2019)

**Monday lunch**
- Vegan nuggets (vegan)
- Goulash filled peppers with crumble topping (v)
- Harissa baked chicken highs with peppers and feta
- Turkey steaks with ginger and sweet potato mash

**Monday dinner**
- Sweetcorn and coriander fritters (vegan)
- Quorn chilli tacos (v)
- Fish of the day
  - Kedgeree

**Tuesday lunch**
- Margherita pizza (vegan)
- Mushroom and spinach filled pancake (v)
- Steak and vegetable stew with dumplings
- Jumbo hot dog with cheese and chilli onions

**Tuesday dinner**
- THEMENIGHT

**Wednesday lunch**
- Gnocchi with a creamy lemon and garlic sauce (vegan)
- Tempura battered cauliflower with tzatzki (v)
- Fresh chicken Kiev
- Grilled pork steak with chimichurri sauce

**Wednesday dinner**
- BBQ pulled jack fruit burger (vegan)
- Quorn and vegetable lasagne (v)
- Beef pie
- Pulled pork shoulder

**Thursday lunch**
- Couscous and vegetable stuffed pepper (vegan)
- Mixed cheese macaroni (v)
- Breaded plaice goujons
- Szechuan fish stir fry and rice
Thursday dinner
Pasta puttanesca (vegan)
Vegetable Kiev (v)
Buffalo chicken wings
Hong Kong sweet and sour pork

Friday lunch
Aubergine and lentil curry (vegan)
Quorn and vegetable moussaka (v)
Crab linguine
Fried fish of the day

Friday dinner
Tofu and vegetable pie (vegan)
Baked veg sausages with onion gravy (v)
Chicken kebab with salad and pitta
Smoked haddock rice cakes

Saturday lunch
Brunch

Saturday dinner
Crispy cauliflower with buffalo sauce (vegan)
Cheese and tomato pizza (v)
Scampi with tartare sauce
Sweet and sour squid with rice

Sunday lunch
Brunch

Sunday dinner
Butter bean and corn hotpot (vegan)
Beetroot and red onion tart with goats cheese (v)
Roast chicken and stuffing
Buttery Michaelmas Term


**Monday lunch**
- Falafel balls with harissa, salad and wrap (vegan)
- Sweet potato, leek and cheese pie (v)
- Spanish baked chicken with chorizo and peppers
- Roast leg of pork with caramelised apples

**Monday dinner**
- Glazed tofu steak with coconut and lemongrass rice (vegan)
- Spinach and ricotta tortellini in a tomato sauce (v)
- Chilli beef stir fry
- Creole pork ribs

**Tuesday lunch**
- Buffalo chickpeas stuffed sweet potato (vegan)
- Tomato, courgette and aubergine gratin (v)
- Fish of the day
- Tuna with green bean and olive salad

**Tuesday dinner**
THEME NIGHT

**Wednesday lunch**
- Vegan sausage roll (vegan)
- Vegetable Kiev (v)
- Spicy tuna and pasta bake
- Ginger fish cakes with sweet chilli sauce

**Wednesday dinner**
- Vegan pizza (vegan)
- Sweet and sour vegetables with Quorn (v)
- Breaded plaice fillet
- Moroccan baked fish

**Thursday lunch**
- Charred squash steak with chimichurri sauce (vegan)
- Artichoke and asparagus pasta with pesto (v)
- Roast leg of pork
- Katsu chicken
Thursday dinner
Jerk spiced seitan (vegan)
Spanakopita (v)
Beef lasagne
BBQ chicken thighs with peppers

Friday lunch
Bean balls and pasta (vegan)
Aubergine wedges with chickpea salsa (v)
Grilled fish of the day with burnt caper and lemon butter
Fried fish of the day

Friday dinner
Bean burger with cheese and onion rings (vegan)
Baked pea and feta omelette (v)
Southern fried chicken
Cheese burger with salad and onion rings

Saturday lunch
Brunch

Saturday dinner
Lentil bolognese with pasta (vegan)
Cannellini bean and smoked cheddar koftas (v)
Chicken korma
Beef cannelloni

Sunday lunch
Brunch

Sunday dinner
Mushroom arancini balls (vegan)
Roasted vegetable pitta (v)
Roasted loin of pork with apple sauce