

Lent Term 2023

WEEK 1 WC (16/01/2023)

Monday Lunch

Miso roasted aubergines with edamame & scallions (vegan)
Charred gammon steak with fried egg
Cannelloni Verdi (v)

Monday Dinner

Beef lasagne with garlic bread
Vegetable and bean burrito bowl (vegan)
Baked squash with rosemary halloumi (v)

Tuesday Lunch

Tahini baked vegetables and lentils (vegan)
Red pesto with penne pasta, roasted peppers & rocket (v)
Mexican rice with chipotle pulled pork with dips

Tuesday Dinner

Chicken shawarma
Mushroom, leek & sun dried tomatoes with stir fried rice (vegan)
Vegetable korma (v)

Wednesday Lunch

Pulled beef and horseradish in a Yorkshire wrap
Lentil, bean & cherry tomato chilli with nachos (vegan)
Cajun baked fish with pea guacamole

Wednesday Dinner

Falafel burger with hummus and salsa (Vegan)
Crispy pork belly with noodles
Indian lentil shepherd's pie (vegan)

Thursday Lunch

Southern fried chicken
Vegetable fritters with sriracha sauce (vegan)
Mediterranean vegetable crumble with feta cheese (v)

Thursday Dinner

Hong Kong sweet and sour tofu with vegetables (vegan)
Grilled cajun turkey steak with red slaw
Jerk lentils with crushed avocado in a flatbread (vegan)



Friday Lunch

Friday fish and chips (plain fish available cooked to order)

Gnocchi, pepper and bean bake (vegan)

Liver and onions

Friday Dinner

Hunters chicken

Root vegetable and bean stew with dumplings (vegan)

Onion bhaji and naan burger (v)

Saturday Lunch

Brunch

Saturday Dinner

Hunters chicken

Chickpea, vegetable & apricot tagine (vegan) with couscous

Vegetable, bean and goats cheese fajitas (v)

Sunday Lunch

Brunch (11:30 – 13:30)

Roast leg of pork with caramelized apples – 12:30 – 13:30

Mushroom, bean and chickpea steak (vegan) -12:30 – 13:30



WEEK 2 WC (23/01/2023)

Monday Lunch

Bang bang tofu and rice (vegan)
Creamy chicken and mushroom pie
Buffalo cauliflower wings (vegan)

Monday Dinner

Pasta with beetroot and feta cheese
Chicken enchiladas
Chilli bean & vegetable enchiladas (vegan)

Tuesday Lunch

Vegan donor kebab with pitta and salad (vegan)
Thai vegetable curry with coconut and coriander (vegan)
Sausage, onion and Yorkshire pudding

Tuesday Dinner

THEME Night
Chinese night

Wednesday Lunch

Haggis
Veggie haggis (vegan)
Roast leg of pork

Wednesday Dinner

Lentil & mushroom lasagne (vegan)
Beef lasagne with garlic bread
Korean corn and lentil bites (vegan)

Thursday Lunch

Fresh Chicken with garlic butter and crumb
Aloo tikki with spiced pomegranate and cauliflower rice & coriander relish (vegan)
Mushroom ravioli (v)

Thursday Dinner

Cheese burger in a brioche bun with onion rings
NO Chicken Jambalaya (vegan)
Chilli and garlic roast broccoli and courgettes with pilau rice



Friday Lunch

Friday fish and chips (plain fish available cooked to order)

Crispy artichoke cake (vegan)

Broccoli & vegetable pasta with stilton & toasted pine nuts (v)

Friday Dinner

Katsu chicken curry

Baked fish with lemongrass and lime dressing

Quorn pad Thai (vegan)

Saturday Lunch

Brunch

Saturday Dinner

Chicken and mushrooms with crispy potato topping

Margherita pizza (V)

Chickpea and pepper burger (vegan)

Sunday Lunch

Brunch (11:30 – 13:30)

Vegetable moussaka (vegan) - 12:30 – 13:30

Roast turkey with cranberry sauce - 12:30 – 13:30



WEEK 3 WC (30/01/2023)

Monday Lunch

Spicy pork meatballs with pasta

Hong Kong sweet and sour tofu with vegetables (vegan)

Vegetable moussaka (v)

Monday Dinner

Cauliflower, celeriac and bean wellington (vegan)

Breaded pork steak with sriracha sauce

Stuffed pepper with feta, bean and pomegranate (v)

Tuesday Lunch

Kimchi beef burger

Tortellini formaggio (v)

Courgette and chickpea filo pie (vegan)

Tuesday Dinner

Theme night

Tex Mex night

Wednesday Lunch

Tofu and tahini stir fry (vegan)

Roast turkey breast

Quorn roast (v)

Wednesday Dinner

Shitake seitan burger with kimchi mayo (vegan)

Fried crispy squash with chickpea harissa (vegan)

Beef lasagne with garlic bread

Thursday Lunch

Cumberland sausage ring with caramelised onion sauce

Vegetable and bean burrito (vegan)

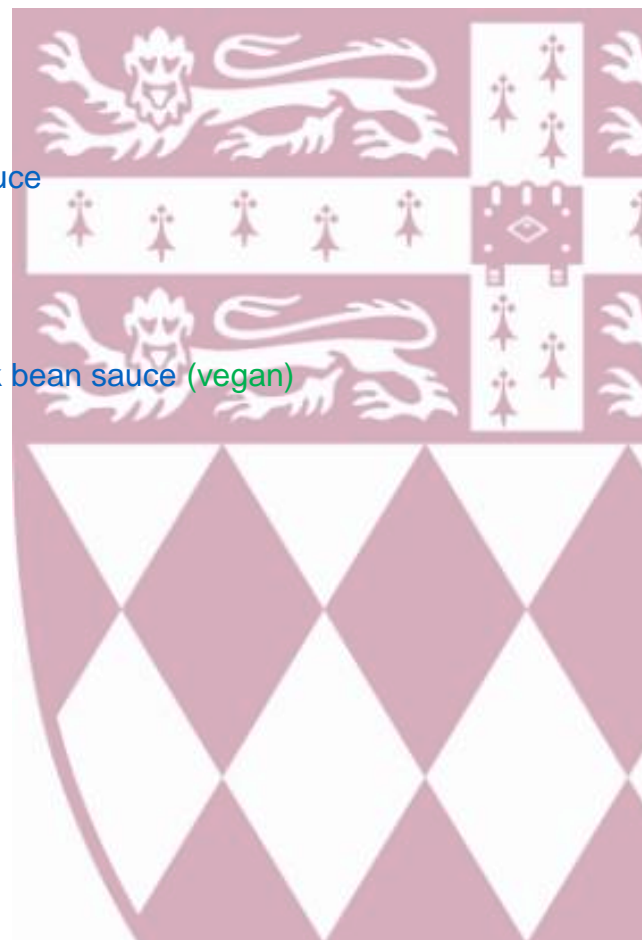
Breaded chicken burger with spicy mayo

Thursday Dinner

Baby corn, green pepper & oyster mushroom in black bean sauce (vegan)

Fish goujons

Pulled ham, mushroom and mozzarella pasta



Friday Lunch

Friday fish and chips (plain fish available cooked to order)

Thai aubergine curry (vegan)

Chilli, soy and ginger roasted duck leg with plum sauce

Friday Dinner

Mac and cheese with BBQ Beans (v)

Korean corn and lentil bites (vegan)

Mac and cheese with BBQ pulled pork

Saturday Lunch

Brunch

Saturday Dinner

Buffalo cauliflower wings (vegan)

Two Jerk baked chicken thighs and flatbread

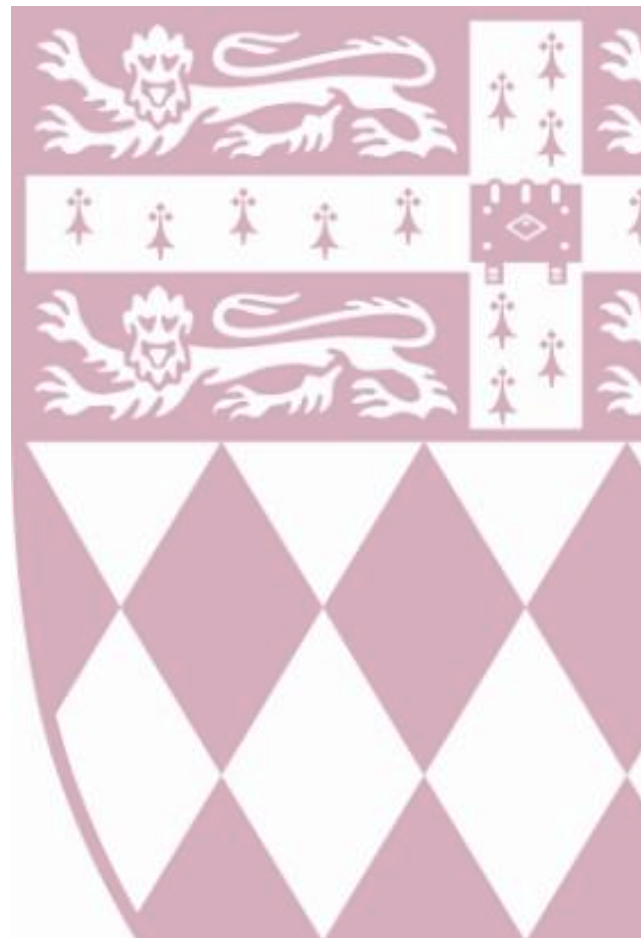
Vegetable, bean and Quorn shepherd's pie (v)

Sunday Lunch

Brunch (11:30 – 13:30)

Roast chicken and stuffing – 12:30 – 13:30

Mushroom, leek & sun dried tomatoes with stir fried rice (vegan) -12:30 – 13:30



WEEK 4 WC (6/02/2023)

Monday Lunch

Grilled & spiced chicken thigh skewer
Samosa chaat (vegan)
Scampi and tartare sauce

Monday Dinner

Breaded turkey steak with roast garlic mayo
Roast squash and blue cheese tacos (v)
Vegetable and jackfruit fajitas (vegan)

Tuesday Lunch

Bacon with beans
Pea, asparagus with goat's cheese quiche (v)
BBQ vegetable and bean pitta (vegan)

Tuesday Dinner

Theme night
Pie and mash

Wednesday Lunch

Roast turkey breast with pigs in blankets
Courgette omelette with goat's cheese dressing (v)
Bean and jackfruit chilli (vegan)

Wednesday Dinner

Chicken breast with cheese and bacon
Vegetable Balti (vegan)
Bubble and squeak cake with bbq beans and melting cheese (v)

Thursday Lunch

Slow cooked chicken thigh tagine
Sumac and ginger-garlic pan fried tofu (vegan)
Mushroom, spinach and pepper stroganoff (v)

Thursday Dinner

Jumbo hotdog with chilli onions
Pepper and bean pasta with a roast squash cream (vegan)
Polenta katsu curry with pea's and rice (vegan)



Friday Lunch

Friday fish and chips (plain fish available cooked to order)

Vegetable and bean stew with dumpling (vegan)

BBQ cauliflower and bean pitta (vegan)

Friday Dinner

Griddled pork steak with Thai red cabbage

Vegetable & lentil dhal (vegan)

Thai vegetable and aubergine curry (v)

Saturday Lunch

Brunch

Saturday Dinner

Beef chilli and rice

Lentil and mushroom bolognaise with pasta (Vegan)

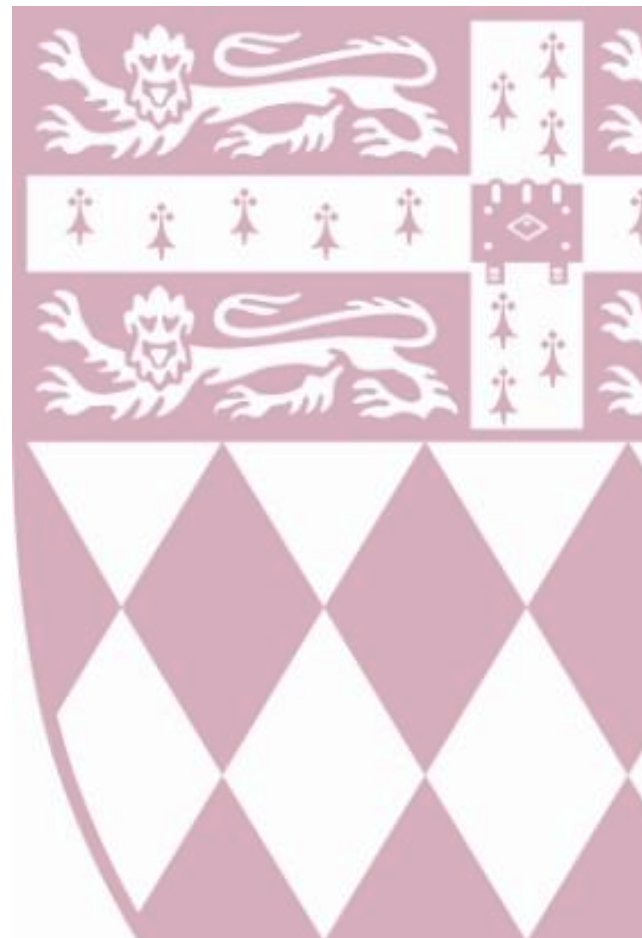
Fully loaded jacket potato skin (v)

Sunday Lunch

Brunch (11:30 – 13:30)

Maple glazed whole back of pork – 12:30 – 13:30

Mushroom wellington (vegan) – 12:30 – 13:30



WEEK 5 WC (12/02/2023)

Monday Lunch

Beef lasagne with garlic bread
Vegetable and bean burrito bowl (vegan)
Baked squash with rosemary halloumi (v)

Monday Dinner

Spicy chicken less wings (vegan)
Charred gammon steak with fried egg
Cannelloni Verdi (v)

Tuesday Lunch

Chicken shawarma
Sloppy joe (vegan)
Vegetable korma (v)

Tuesday Dinner

Theme night
Fitz Fried Chicken

Wednesday Lunch

Falafel burger with hummus and salsa (Vegan)
Roast topside of beef and Yorkshire pudding
Indian lentil shepherd's pie (vegan)

Wednesday Dinner

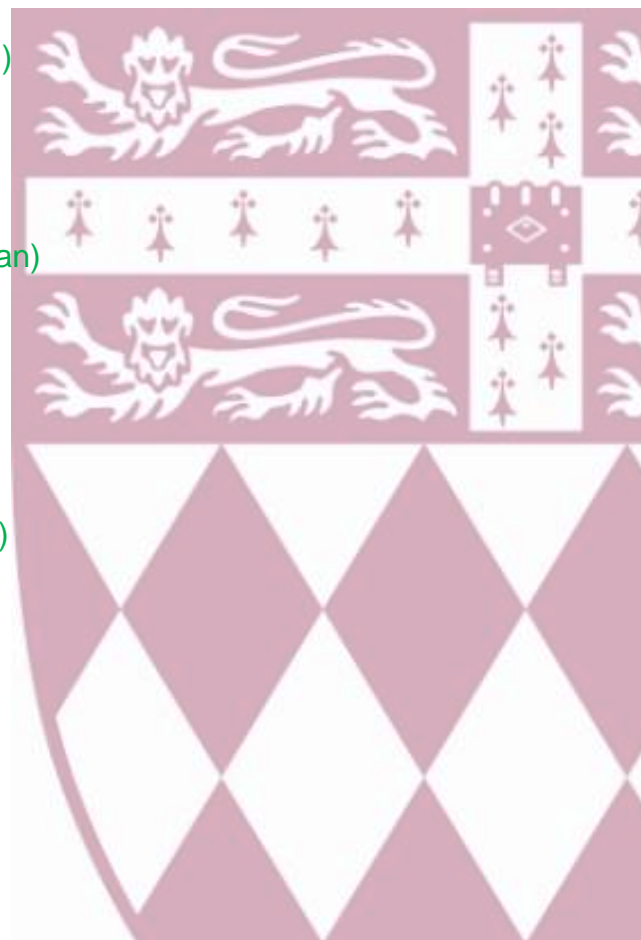
Lentil, bean & cherry tomato chilli with nachos (vegan)
Crispy pork belly with noodles
Cajun baked fish with pea guacamole

Thursday Lunch

Hong Kong sweet and sour tofu with vegetables (vegan)
Grilled turkey steak with chilli bean dressing
Bombay roast cauliflower and spinach with naan (v)

Thursday Dinner

Rolled Yorkshire with brisket and cabbage
Spicy meatless balls with pasta (vegan)
Mediterranean vegetable crumble with feta cheese (v)



Friday Lunch

Friday fish and chips (plain fish available cooked to order)

Tahini roasted aubergine with orzo and pomegranate dressing (vegan)

Liver and onions

Friday Dinner

Hunters chicken

Onion bhaji and naan burger (vegan)

Vegetable and mozzarella calzone (v)

Saturday Lunch

Brunch

Saturday Dinner

Pasta bolognese

Battered fishless fish (vegan)

Vegetable, bean and goats cheese fajitas (v)

Sunday Lunch

Brunch (11:30 – 13:30)

Roast leg of pork with caramelized apples – 12:30 – 13:30

Mushroom, bean and chickpea steak (vegan) - 12:30 – 13:30



WEEK 6 WC (20/02/2023)

Monday Lunch

Pasta with beetroot and feta cheese
Chicken enchiladas
Chilli bean & vegetable enchiladas (vegan)

Monday Dinner

Bang bang tofu and rice (vegan)
Creamy chicken and mushroom pie
Tempura cauliflower with tzatziki (v)

Tuesday Lunch

Vegan donor kebab with pitta and salad (vegan)
Vegan Senegalese mafe (vegan)
Mexican rice with chipotle pulled pork with dips

Tuesday Dinner

Theme night
Curry night

Wednesday Lunch

Crispy Korean BBQ tofu with rice (vegan)
Pan fried Fish of the day with soy sauce and spring onions
Roast leg of pork

Wednesday Dinner

Lentil & mushroom lasagne (vegan)
Beef lasagne with garlic bread
Vegetable moussaka (vegan)

Thursday Lunch

Cheese burger in a brioche bun with onion rings
Greek bean and vegetable topped pita with feta (V)
Chilli and garlic roast broccoli and courgettes with pilau rice (vegan)

Thursday Dinner

Fresh Chicken with garlic butter and crumb
Aloo tikki with spiced pomegranate cous cous & coriander relish (vegan)
Vegetable, bean and Quorn shepherd's pie (v)



Friday Lunch

Friday fish and chips (plain fish available cooked to order)
Spicy black eyed bean, aubergine with tomatoes (vegan)
Broccoli & vegetable pasta with stilton & toasted pine nuts (v)

Friday Dinner

Katsu chicken curry
Quorn palak paneer (vegan)
Lentil chilli loaded wedges (v)

Saturday Lunch

Brunch

Saturday Dinner

Chicken and mushrooms with crispy potato topping
Margherita pizza (v)
Chickpea and pepper burger (vegan)

Sunday Lunch

Brunch (11:30 – 13:30)
Roast turkey with cranberry sauce – 12:30 – 13:30
Korean corn and lentil bites (vegan) – 12:30 – 13:30



WEEK 7 WC (27/02/2023)

Monday Lunch

Roasted vegetable strudel (vegan)

Breaded pork steak with sriracha sauce

Stuffed pepper with feta, bean and pomegranate (v)

Monday Dinner

Spicy pork meatballs with couscous

Aubergine wedges with chickpea salsa (v)

Indian feast (samosa, Pakora, bhaji, naan and Bombay pots) curry sauce (vegan)

Tuesday Lunch

Spicy sausage and pasta bake

Broccoli katsu curry (vegan)

Sweet and sticky chicken

Tuesday Dinner

Theme night

Fitz and chips

Wednesday Lunch

Ras el hanout chickpea and vegetable tray bake (vegan)

Slow cooked beef Brisket

Crab, fish & sweetcorn fritter

Wednesday Dinner

Shitake seitan burger with kimchi mayo (vegan)

Beef lasagne with garlic bread

Mixed bean and potato goulash (vegan)

Thursday Lunch

Sticky BBQ pulled vegetables (vegan)

Fish goujons

Ham, pea and mozzarella pasta

Thursday Dinner

Cumberland sausage ring with caramelised onion sauce

Vegetable and bean burrito (vegan)

Pan fried fish with soy sauce and spring onions



Friday Lunch

Friday fish and chips (plain fish available cooked to order)

Quorn sausage arrabiata (vegan)

Griddled vegetables and lentil filled Yorkshire (v)

Friday Dinner

Mac and cheese with BBQ Beans, pulled pork or just plain (v)

Hong Kong sweet and sour tofu with vegetables (vegan)

Saturday Lunch

Brunch

Saturday Dinner

Jack fruit paella (vegan)

Two Jerk baked chicken thighs and flatbread

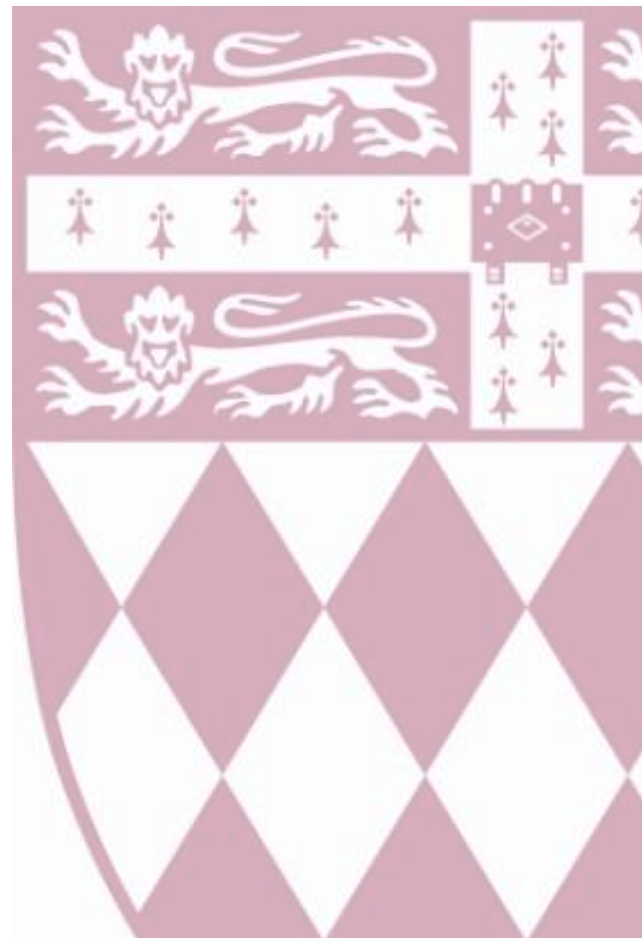
Vegetable, bean and Quorn shepherd's pie (v)

Sunday Lunch

Brunch (11:30 – 13:30)

Roast chicken and stuffing – 12:30 – 13:30

Mushroom, leek & sun dried tomatoes with stir fried rice (vegan) – 12:30 – 13:30



WEEK 8 WC (6/03/2023)

Monday Lunch

Breaded turkey steak with roast garlic mayo
Roast squash and blue cheese tacos (v)
Aubergine and jackfruit fajitas (vegan)

Monday Dinner

Grilled & spiced chicken thigh skewer
Samosa chaat (vegan)
Scampi and tartare sauce

Tuesday Lunch

Pulled bbq beef brisket in a bun with slaw
Olive polenta with roasted vegetables (vegan)
Pasta, smoked salmon with lemon and dill sauce

Tuesday dinner

Theme night
Kebab night

Wednesday Lunch

Roast turkey breast with pigs in blankets
Vegetable Balti (vegan)
Vegetable, bean and Quorn shepherd's pie (v)

Wednesday Dinner

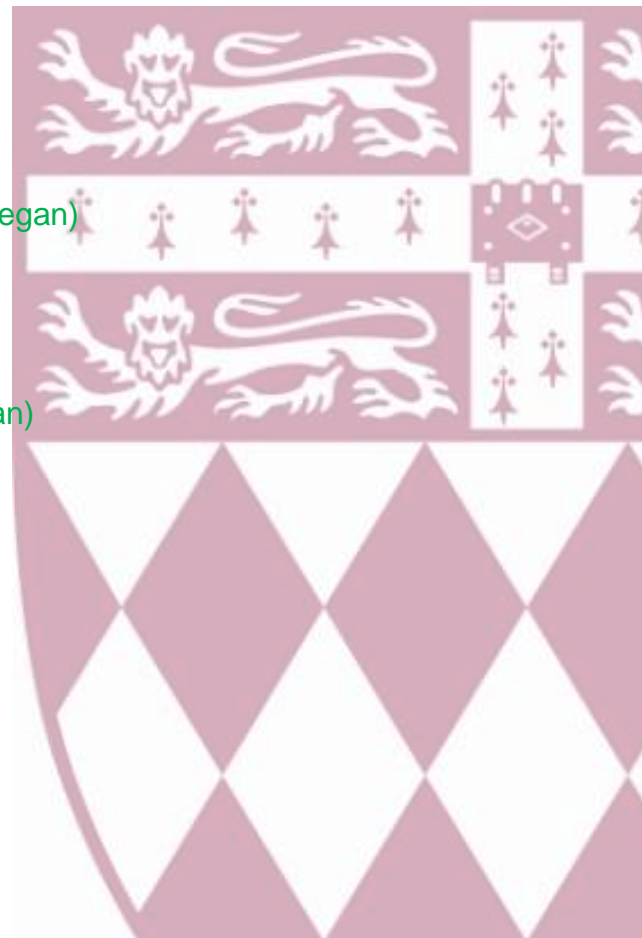
Chicken breast with cheese and bacon
Courgette fitters with goats cheese dressing (v)
Bean and jackfruit chilli (vegan)

Thursday Lunch

Jumbo hotdog with chilli onions
Pepper and bean pasta with a roast squash cream (vegan)
Cauliflower jollof (Vegan)

Thursday Dinner

Slow cooked chicken thigh tagine
Grilled teriyaki tofu with broccoli and courgettes (vegan)
Mushroom, spinach and pepper stroganoff (v)



Friday Lunch

Friday fish and chips (plain fish available cooked to order)

Vegetable & lentil dhal (vegan)

Thai vegetable and aubergine curry (v)

Friday Dinner

Lentil and bean stew with dumpling (vegan)

BBQ vegetable and bean pitta (vegan)

Griddled pork steak with Thai red cabbage

Saturday Lunch

Brunch

Saturday Dinner

Southern fried chicken

Lentil and mushroom lasagne (v)

Nicoise salad with grilled tofu (vegan)

Sunday Lunch

Brunch (11:30 – 13:30)

Maple glazed whole back of pork – 12:30 – 13:30

Vegetable bourguignon with dumplings (vegan) – 12:30 – 13:30



WEEK 9 WC (13/03/2023)

Monday Lunch

Aubergine wedges with chickpea salsa (vegan)
Charred gammon steak with fried egg
Cannelloni Verdi (v)

Monday Dinner

Beef lasagne with garlic bread
Vegetable and bean burrito (vegan)
+ (v)

Tuesday Lunch

Newmarket sausage and cheesy mash
Tahini baked vegetables and lentils (vegan)
Red pesto with penne pasta, roasted peppers & rocket (v)

Tuesday Dinner

Sweet and sticky drumsticks
Green Thai vegetable curry (vegan)
Smoked salmon pasta

Wednesday Lunch

Roast topside of beef and Yorkshire pudding
Crispy Korean BBQ tofu with rice (vegan)
Baked fish curry with coconut rice

Wednesday Dinner

Falafel burger with hummus and salsa (Vegan)
Crispy pork belly with noodles
Indian lentil shepherd's pie (vegan)

Thursday Lunch

Southern fried chicken
Spicy sweetcorn fritters with sriracha sauce (vegan)
Mediterranean vegetable crumble with feta cheese (v)

Thursday Dinner

Hong Kong sweet and sour tofu with vegetables (vegan)
Grilled turkey steak with chilli bean dressing
Jerk lentils with crushed avocado in a flatbread (vegan)



Friday Lunch

Friday fish and chips (plain fish available cooked to order)

Gnocchi, pepper and bean bake (vegan)

Liver and onions

Friday Dinner

Hunters chicken

Tahini roasted aubergine with orzo and pomegranate dressing (vegan)

Onion bhaji and naan burger (v)

Saturday Lunch

Brunch

Saturday Dinner

Pasta bolognese

Chickpea, vegetable & apricot tagine (vegan) with couscous

Vegetable, bean and goats cheese fajitas (v)

Sunday Lunch

Brunch (11:30 – 13:30)

Roast leg of pork with caramelized apples – 12:30 – 13:30

Mushroom, bean and chickpea steak (vegan) – 12:30 – 13:30

