Michaelmas Term 2022

WEEK 1 WC (03/10/22)

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

Wednesday Lunch
Roast topside of beef and Yorkshire pudding
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
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**
Chicken breast with cheese and bacon
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 (10/10/2022)

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

**Monday Dinner**
- Pasta with beetroot and feta cheese
- Chicken enchiladas
- Chilli bean & vegetable enchiladas (vegan)

**Tuesday Lunch**
- Garlic breaded turkey slider with spicy mayo
- Roasted vegetables, spinach & potato curry (vegan)
- Thai red chicken curry with rice

**Tuesday Dinner**
- Vegan donor kebab with pitta and salad (vegan)
- Buffalo cauliflower wings (vegan)
- Mexican rice with chipotle pulled pork with dips

**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
- Korean corn and lentil bites (vegan)

**Thursday Lunch**
- Fresh Chicken with garlic butter and crumb
- Aloo tikki with spiced pomegranate cous cous & coriander relish (vegan)
- Mushroom ravioli (v)

**Thursday Dinner**
- Cheese burger in a brioche bun with onion rings
- Boston bean & sweet potato casserole (vegan)
- Chilli and garlic roast broccoli and courgettes with pilau rice
**Friday Lunch**
Friday fish and chips (plain fish available cooked to order)
Vegetable & lentil dhal (vegan)
Broccoli & vegetable pasta with stilton & toasted pine nuts (v)

**Friday Dinner**
Katsu chicken curry
Baked fish with lemongrass and lime dressing
Spicy black eyed bean, aubergine with tomatoes (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 (17/10/2022)

**Monday Lunch**
- Spicy pork meatballs with couscous
- Aubergine wedges with chickpea salsa (v)
- Indian feast (samosa, Pakora, bhaji, naan and Bombay pots) curry sauce (vegan)

**Monday Dinner**
- Roasted vegetable strudel (vegan)
- Breaded pork steak with sriracha sauce
- Stuffed pepper with feta, bean and pomegranate (v)

**Tuesday Lunch**
- Kimchi beef burger
- Tortellini formaggio (v)
- Spicy aubergine and tofu salad with mango and lime salsa (vegan)

**Tuesday Dinner**
- Spicy sausage and pasta bake
- Broccoli katsu curry (vegan)
- Sweet and sticky chicken

**Wednesday Lunch**
- Mixed bean and potato goulash (vegan)
- Slow cooked beef Brisket
- Crab, fish & sweetcorn fritter

**Wednesday Dinner**
- Shitake seitan burger with kimchi mayo (vegan)
- Ras el hanout chickpea and vegetable tray bake (vegan)
- Beef lasagne with garlic bread

**Thursday Lunch**
- Cumberland sausage ring with caramelised onion sauce
- Vegetable and bean burrito (vegan)
- Pan fried salmon with soy sauce and spring onions

**Thursday Dinner**
- Baby corn, green pepper & oyster mushroom in black bean sauce (vegan)
- Fish goujons
- Ham, pea and mozzarella pasta
**Friday Lunch**
Friday fish and chips (plain fish available cooked to order)
Hong Kong sweet and sour tofu with vegetables (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 (24/10/2022)

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

**Wednesday Lunch**
Roast turkey breast with pigs in blankets  
Courgette fitters with goats cheese dressing (v)  
Bean and jackfruit chilli (vegan)

**Wednesday Dinner**
Chicken breast with cheese and bacon  
Vegetable Balti (vegan)  
Vegetable, bean and Quorn shepherd’s pie (v)

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

**Thursday Dinner**
Jumbo hotdog with chilli onions  
Pepper and bean pasta with a roast squash cream (vegan)  
Cauliflower jollof (Vegan)
**Friday Lunch**
Friday fish and chips (plain fish available cooked to order)
Lentil and bean stew with dumpling (vegan)
BBQ vegetable 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**
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 5 WC (31/10/2022)

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

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

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

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

**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
Jerk lentils with crushed avocado in a flatbread (vegan)

**Thursday Dinner**
Southern fried chicken
Spicy sweetcorn fritters with sriracha sauce (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
Gnocchi, pepper and bean bake (vegan)
Onion bhaji and naan burger (v)

**Saturday Lunch**
Brunch

**Saturday Dinner**
Chicken breast with cheese and bacon
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 6 WC (7/11/2022)

**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)
Buffalo cauliflower wings (vegan)
Mexican rice with chipotle pulled pork with dips

**Tuesday Dinner**
Garlic breaded turkey slider with spicy mayo
Roasted vegetables, spinach & potato curry (vegan)
Thai red chicken curry with rice

**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
Boston bean & sweet potato casserole (vegan)
Chilli and garlic roast broccoli and courgettes with pilau rice

**Thursday Dinner**
Fresh Chicken with garlic butter and crumb
Aloo tikki with spiced pomegranate cous cous & coriander relish (vegan)
Mushroom ravioli (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
- Baked fish with lemongrass and lime dressing
- Vegetable & lentil dhal (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)
- Roast turkey with cranberry sauce – 12:30 – 13:30
- Korean corn and lentil bites (vegan) – 12:30 – 13:30
WEEK 7 WC (14/11/2022)

**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**
Kimchi beef burger
Tortellini formaggio (v)
Spicy aubergine and tofu salad with mango and lime salsa (vegan)

**Wednesday Lunch**
Ras el hanout chickpea and vegetable tray bake (vegan)
Slow cooked beef Brisket
Crab, fish & sweetcorn fritter

**Wednesday Dinner**
Shiitake seitan burger with kimchi mayo (vegan)
Beef lasagne with garlic bread
Mixed bean and potato goulash (vegan)

**Thursday Lunch**
Baby corn, green pepper & oyster mushroom in black bean sauce (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)
Chilli, soy and ginger roasted duck leg with plum sauce
Griddled vegetables and feta with pita bread

**Friday Dinner**
Mac and cheese with BBQ Beans (v)
Hong Kong sweet and sour tofu with vegetables (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 8 WC (21/11/2022)

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

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 (28/11/22)

**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)
Baked squash with rosemary halloumi (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**
Chicken shawarma
Mushroom, leek & sun dried tomatoes with stir fried rice (vegan)
Vegetable korma (v)

**Wednesday Lunch**
Roast topside of beef and Yorkshire pudding
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
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**
Chicken breast with cheese and bacon
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