

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

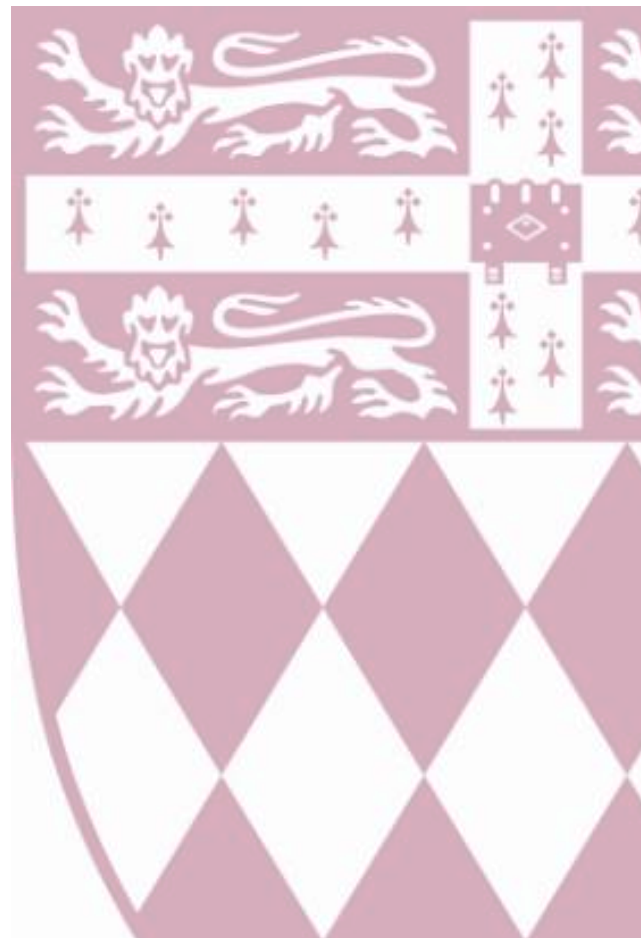
Vegetable, bean and goats cheese fajitas (v)

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)

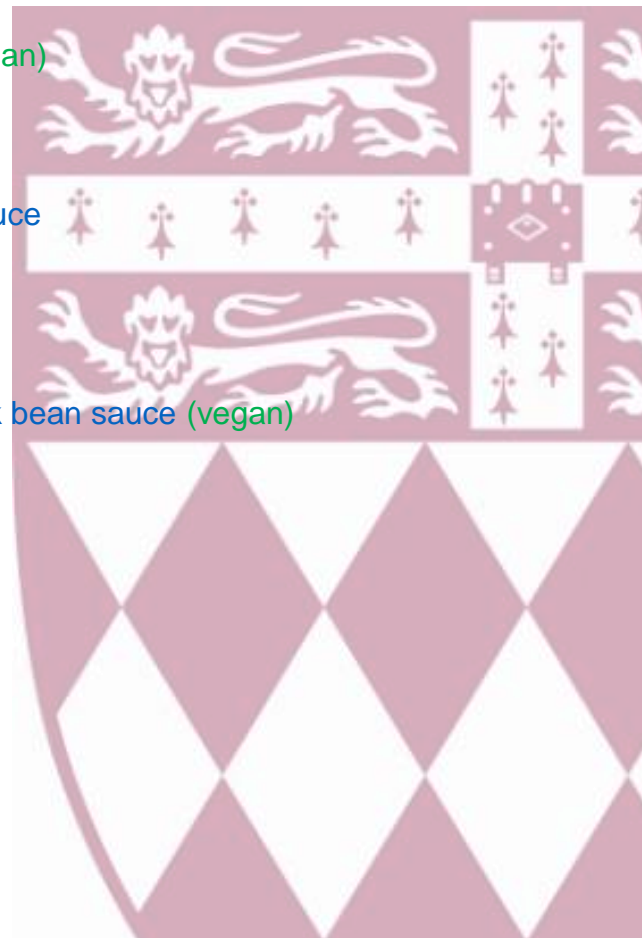
Pan fried salmon with soy sauce and spring onions

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

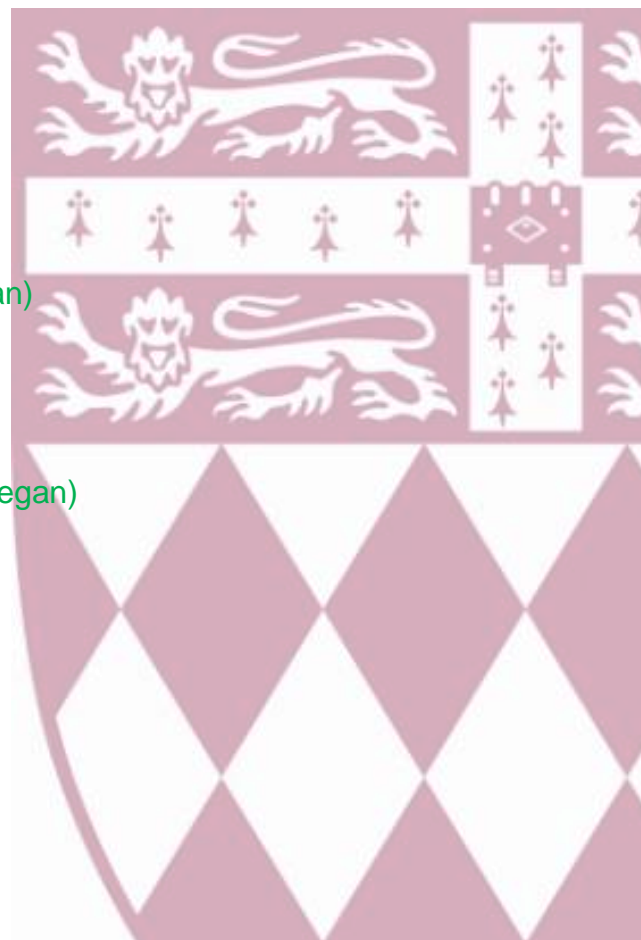
Chicken breast with cheese and bacon
Vegetable Balti (vegan)
Vegetable, bean and Quorn shepherd's pie (v)

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

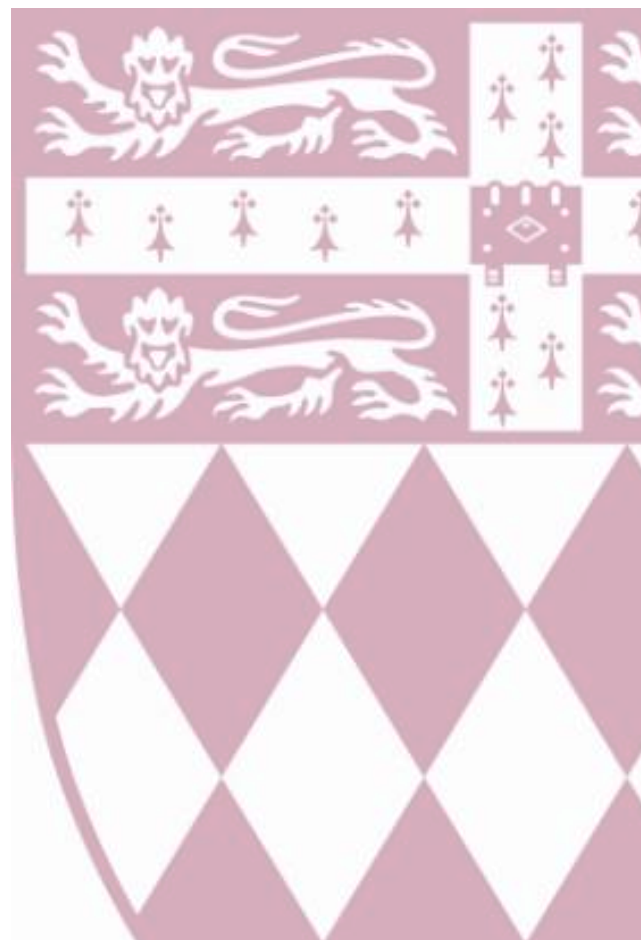
Vegetable, bean and goats cheese fajitas (v)

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

Shitake 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

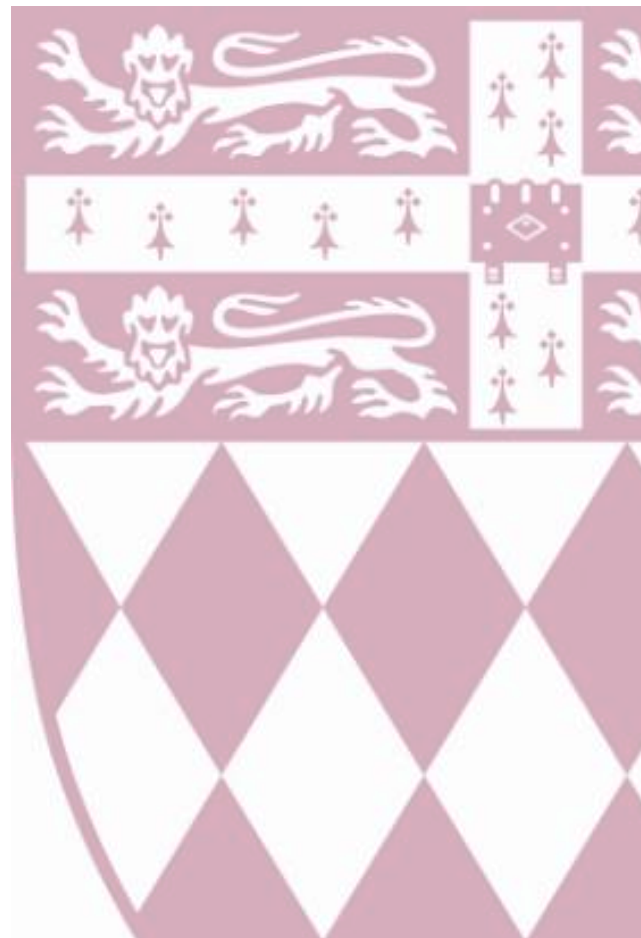
Buffalo cauliflower wings (vegan)
Two Jerk baked chicken thighs and flatbread
Vegetable, bean and Quorn shepherd's pie (v)

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

