



# REFECTORY MENU

Week 1 to 4

Available Daily

Meal Deal

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# WEEK 1

## MONDAY

- Hunters Chicken – **Gluten Free**
- Veggie Korma & Rice – **Gluten Free** + **Veggie**

## THURSDAY

- Katsu Curry & Rice
- Veggie Fajitas with Salsa Sauce – **Gluten Free** + **Veggie**

## TUESDAY

- Beef Lasagne
- Singapore Noodles – **Gluten Free** + **Vegan**
- Vegetable Quiche - **Veggie**

## FRIDAY

- Fish, Chips & Peas
- Battered Sausage & Chips
- Vegan Saag Aloo & Rice – **Gluten Free** + **Veggie** + **Vegan**

## WEDNESDAY

- Tomato & Basil Pasta Bake
- Thai Sweet Chilli with Rice – **Gluten Free**
- Vegetable Pie – **Veggie**



## WEEK 2

### MONDAY

- Beef Chilli & Rice – **Gluten Free**
- Cannelloni with Spinach & Ricotta – **Veggie**

### THURSDAY

- Spaghetti Bolognese
- Frittata – **Gluten Free + Veggie**

### TUESDAY

- Sausages in Onion Gravy with Mash
- Macaroni Cheese - **Veggie**
- Vegan Spicy Sausage Casserole – **Gluten Free + Veggie + Vegan**

### FRIDAY

- Fish, Chips & Peas
- Battered Sausage & Chips
- Vegetable Quiche – **Veggie**

### WEDNESDAY

- Chicken Stir Fry with Noodles
- Rice Noodles with Pesto & Spinach – **Gluten Free + Veggie + Vegan**
- Quorn Beef Hotpot – **Veggie**

## WEEK 3

### MONDAY

- Curried Coconut Chicken & Coconut Lime Rice
- Sweet Potato Topped Quorn Minced Cottage Pie - **Veggie**

### THURSDAY

- Cottage Pie
- Vegetable Stir Fry – **Veggie + Vegan**

### TUESDAY

- Meatball with Tagliatelle
- Veggie Chilli with Rice - **Veggie**

### FRIDAY

- Fish, Chips & Peas
- Battered Sausage & Chips
- Med Roasted Veg with Tomato Pesto – **Gluten Free + Veggie**

### WEDNESDAY

- Peri Peri Chicken – **Gluten Free**
- Macaroni Cheese – **Veggie**



## WEEK 4

### MONDAY

- Chicken & Bacon Pasta
- Quorn Fajitas with Salsa Sauce – Veggie + Vegan

### TUESDAY

- Minced Beef & Onion Pie
- Char Grilled Veg with Baked Halloumi – Gluten Free + Veggie

### WEDNESDAY

- Roast Dinner
- Mushroom & Potato Curry with Rice – Gluten Free + Veggie + Vegan

### THURSDAY

- Chinese Chicken Curry & Rice
- Vegan One Pot Pasta – Veggie + Vegan
- Macaroni Cheese - Veggie

### FRIDAY

- Fish, Chips & Peas
- Battered Sausage & Chips
- Vegetable Pie – Veggie + Vegan

# AVAILABLE DAILY

## BREAKFAST

- Breakfast Muffin
- Veggie Muffin
- Hash Browns
- Bacon Roll

## BREAK TIME

- Sausage Roll incl -  
**Veggie + Vegan**
- Various Hot Slices  
incl - **Veggie**
- Burgers incl Southern  
Fried Chicken
- Chips & Wedges
- Chicken Nuggets –  
**HALAL**
- Samosa & Spring  
Roll – **Veggie**
- Nacho Pots - **Veggie**

## ALL DAY

- Soup
- Sandwiches & Wraps  
– **Gluten Free +  
Veggie + Vegan**
- Pasta Pots
- Fruit Pots
- Desserts
- Fresh Fruit
- Salad Bar



## MEAL DEAL - £3.50

CHOOSE ONE  
OF THE  
FOLLOWING:-

SANDWICH  
WRAP  
PASTA POT

CHOOSE ONE  
OF THE  
FOLLOWING:-

FRESH FRUIT  
FRUIT POT  
MINI  
BISCUITS -  
INCL  
TUNNOCKS  
JELLY POT

CHOOSE ONE  
OF THE  
FOLLOWING:-

WATER -  
INCL  
FLAVOURED  
CAPRI SUN  
MILKSHAKE  
CANNED  
DRINK - EXCL  
COSTA CANS