



Senior Weekly Menu Cycle 2019 - 2020

Week 1

MEAL	MON	TUES	WED	THURS	FRI	SAT	SUN
LUNCH							
Soup Bar	Home made soup * Focaccia Bread	Homemade soup * Onion Loaf	Homemade soup * Honey Bread	Homemade soup * Tomato & Herb bloomer	Homemade soup * Sunflower topped loaf	Homemade soup * Bread Selection	Homemade soup * Bread Selection
	Environmental Awareness day	Chicken Korma	Traditional Roast Pork	Pasta Day Selection of authentic Pasta Dishes	Fish Market Friday A selection of traditional & modern sustainable Fish dishes	Pasta Bar	Afternoon Tea, served in the Boarding Houses
Sides	Serving a variety of plant-based meals so as a community we can reduce our 'Food footprint'	Infused rice Naan Bread Bhaji	Crispy Roast Potatoes, Yorkshire pudd Crackling	Home-made Breads, Oils & Olives	Chunky Chips Mushy peas Pickled eggs Curry Sauce		Picnic selection Mini Pork pies Crudities, Hummus & Pitta Baked Crisps
Special Bar	Mac 'n' Cheese Bar	Chefs Pass	Thai Bar	Whisk Warmer	*	*	
Meat Free		Vegan Curry	Roasted Squash	Tofu & Vegetable Roasted Quinoa	Homemade Vegan Bhaji		
Dessert	Winter Crumble Bar	Mandarin & Chocolate sponge	Chefs Traditional Pudding bar	Lemon Courgette & Apple slice	Reduced sugar Cake Bar	Very Chocolatey Cake	Cookie
SUPPER							
Main Section	Environmental Awareness day	Taco Tuesday	Grills N Chills	Family night Chicken Night	Toad in the hole With Creamy Mash	Chefs Curry Night	Traditional Roast Dinner
Meat Free		Butternut squash Chili	*	Roasted Portabella mushroom	Vegan Risotto	*	
Dessert	Pear & Ginger Crumble	Ind Cheesecake	Chocolate Brownie	Homemade Muffins	Coconut macaroon tart		

Week 2

MEAL	MON	TUES	WED	THURS	FRI	SAT	SUN
LUNCH							
Soup	Home made soup * Focaccia Bread	Homemade soup * Onion Loaf	Homemade soup * Honey Bread	Homemade soup * Tomato & Herb bloomer	Homemade soup * Sunflower topped loaf	Homemade soup * Bread Selection	Homemade soup * Bread Selection
Sides	Environmental Awareness day Serving a variety of plant-based meals so as a community we can reduce our 'Food footprint'	Cumberland Sausage Horseradish Mash & Caramelised Onion Gravy	Traditional Roast Gammon Crispy Roast Potatoes, Yorkshire Pudding & Parsley Sauce	Pasta Day Selection of authentic Pasta Dishes Home-made Breads, Oils & Olives	BCS Big Brunch Bacon, Sausage, Hash Brown, Tomato, Egg, & Beans	Pasta Bar	Afternoon Tea, served in the Boarding Houses Picnic selection Mini Pork pies Crudities, Hummus & Pitta Baked Crisps
Special Bar	Mac 'n' Cheese Bar	Chefs Pass	Thai Bar	Whisk Warmer	*	*	
Meat Free		Vegan Loaf	Celeriac Steak	Vegan Lentil Bake	Vegan Stack		
Dessert	Winter Crumble Bar	Lime Berry & Banana Upside-down Cake	Chefs Traditional Pudding bar	Apricot Bakewell Tart	Reduced sugar Cake Bar		Cookie
SUPPER							
Main Section	Environmental Awareness day	Taco Tuesday	Grills N Chills	Family night Chicken Night	Pork Belly & Mustard Mash	Chefs Curry Night	Traditional Roast Dinner
Meat Free			*			*	
Dessert	Banana Bread	Toffee Pudding	Brownie / Blondie	Muffin Selection	Lemon Meringue		

Week 3

MEAL	MON	TUES	WED	THURS	FRI	SAT	SUN
LUNCH							
Soup Bar	Home made soup * Focaccia Bread	Homemade soup * Onion Loaf	Homemade soup * Honey Bread	Homemade soup * Tomato & Herb bloomer	Homemade soup * Sunflower topped loaf	Homemade soup * Bread Selection	Homemade soup * Bread Selection
	Environmental Awareness day	Pie & Mash A traditional winter Pie served with creamed potato	Traditional Roast Turkey	Pasta Day Selection of authentic Pasta Dishes	BCS Chicken Day Nando's Style Chicken Lime & Mango, Medium or Fiery hot	Pasta Bar	Afternoon Tea, served in the Boarding Houses
Sides	Serving a variety of plant-based meals so as a community we can reduce our 'Food footprint'	Gravy Sauce	Crispy Roast Potatoes, Yorkshire Pudding & Cranberry Sauce	Home-made Breads, Oils & Olives	Peri Peri Fries Minted Peas Super grain salad Garlic slice		Picnic selection Mini Pork pies Crudities, Hummus & Pitta Baked Crisps
Special Bar	Mac 'n' Cheese Bar	Chefs Pass	Thai Bar	Whisk Warmer	*	*	*
Meat Free		Vegan Pie	Roasted Cauliflower Chop	Black Bean Chilli	Chargrilled Vegetable Wedges		
Dessert	Winter Crumble Bar	Peach Melba Tray Bake	Chefs Traditional Pudding bar	Maple syrup & Date Cake	Reduced sugar Cake Bar		Cookie
SUPPER							
Main Section	Environmental Awareness day	Taco Tuesday	Grills N Chills	Family night Chicken Night	Poki Bowl	Chefs Curry Night	Traditional Roast Dinner
Meat Free		Cheese & Sweet Pepper Tart	*	Vegan Stack	Vegan Poki Bowl	*	
Dessert	Eton Mess	Chocolate Slice	Brownie / Blondie	Muffin Selection	Syrup Sponge		