



# Lunch Menu

| Week 3   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|--|---|---|---|
| Freshly Made Soups<br>£1.00                    | Chef's Soup of the Day with<br>Homemade Bread                                | Chef's Soup of the Day with<br>Homemade Bread  | Chef's Soup of the Day with<br>Homemade Bread   | Chef's Soup of the Day with<br>Homemade Bread                                   | Chef's Soup of the Day with<br>Homemade Bread   |
| 1,2,3 Salad Bar £2.10                          | Grilled Garlic & Rosemary<br>Chicken   | Tuna & Sweetcorn   | Cottage & Cheddar Cheeses   | Tagliatelle of Beef, Creamed<br>Horseradish                                     | Fishermans Pot  |
| Vegetarian Main Course<br>£2.10                | Japanese Noodles with<br>Ginger, Tofu & Bok Choi                             | Creamy Vegetable Curry   | Macaroni Cheese Bake  | Pepper & Courgette<br>Stroganoff  | Black & Blue Cajun Cheese &<br>Mushroom Burger  |
| Main Courses £2.10                             | Sweet Chilli Chicken Pieces<br>with Roast Vegetable &<br>Pineapple Cous Cous | Chicken Korma with Pilau<br>Rice, add Homemade<br>Coconut Naan Bread &<br>Poppadoms for 25p each | Honey Roast Gammon or<br>Chicken with Stuffing &<br>Yorkshire Pudding or Roast in<br>a Bun! | Jerk Chicken with Rice & Peas<br>Spicy Baked Potato Wedges<br>& BBQ Beans       | Lemonade Battered Fillet of<br>Fish or Salmon Fishcake with<br>Lemon Mayo & Spinach<br>Garnish with Chips |
| Tub Grub Pots £1.75                            | <b>Pot Pasta</b><br>Cucina Tomato Sauce V or<br>Chorizo with Roasted Peppers | <b>Pot Pasta</b><br>Cucina Tomato Sauce V or<br>Basil Pesto (Nuts!) V                            | <b>Pot Pasta</b><br>Cucina Tomato Sauce V or<br>Probably the Worlds' Best<br>Pasta Sauce!   | <b>Pot Pasta / Rice</b><br>Cucina Tomato Sauce V or<br>Sweet & Spicy Fried Rice | <b>Pot Noodle / Pasta</b><br>Cucina Tomato Sauce V or<br>Sweet Chilli                                     |
| Designer Pizza £8.00<br>(Pre-order & Takeaway) | <b>The Lazy Luigi</b><br>Spicy Beef, Green Pepper,<br>Onion                  | <b>The Pollo Al Rosmarino</b><br>Chicken, Roasted Pepper,<br>Goats Cheese, Rosemary              | <b>The Tropicale</b><br>Ham, Pineapple, Mozzarella  | <b>The Peking</b><br>Shredded Duck, Hoisin Sauce,<br>Spring Onion, Rocket       | <b>The Meatball Marinara</b><br>Meatball, Mushroom, Rocket,<br>Herbs                                      |
| Classic Pizza £1.00<br>Premium Pizza £1.20     | Cheesy Garlic Focaccia V   | Classic Margherita Pizza V<br>Ham & Mozzarella Pizza   | BBQ Chicken Focaccia  | Classic Margherita Pizza V<br>Pepperoni Pizza                                   | Cheesy Garlic Focaccia V  |
| Hot Puds! £0.90                                | Raspberry Sponge with<br>Custard   | Baked Strawberry & Custard<br>Puff with Chocolate Sauce  | Belgian Waffles with Hot<br>Cherry Topping  | Mixed Fruit Crumble   | Sticky Toffee Pudding with<br>Custard   |
| Cold Puds! £0.90                               | Fairtrade Chocolate & Orange<br>Mousse                                       | Homemade Fruit Brandy<br>Snaps   | Individual Lemon Meringue<br>Pie  | Raspberry Crème Brulee  | Chocolate Meringue with<br>Cherry Ripple  |



All of our foods are prepared in an environment where nuts and other food allergens are present. If you have special dietary requirements, please speak to our Executive Chef who will be happy to find something suitable. Sorry, but we have to add VAT to these prices for all non students **September 2011**