



CORPUS CHRISTI CAFETERIA LUNCH MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
SOUP OF THE DAY	Roast tomato and basil	Spicy red lentil	Carrot, ginger and orange	Roast red pepper	Chunky winter vegetable	Sweet potato with cumin
CHINESE	Beef in a black bean sauce with egg fried rice	Lemon chicken and boiled rice	Crispy chilli beef with stir fried noodles	Sweet and sour pork with rice	Stir fried prawn with chilli and garlic and noodles	
MAIN COURSE	Moroccan lamb steak with cous cous salad	Porchetta with tomato salsa	Roast Piri piri ¼ chicken with lemon wedge	Beef madras with poppadum's and chutney	Chicken and bacon pie with gravy	Roast leg of lamb with minted cabbage
FISH MAIN COURSE	Roasted salmon with beetroot slaw	Thai green prawn Curry with prawn crackers	Cod loin steamed with spring onion with orange and ginger sauce	Traditional fish pie	Freshly battered fish of the day, lemon and tartare sauce	Smoked haddock mornay with leeks
VEGETARIAN MAIN COURSE	Quorn and vegetable moussaka	Sweet and sour tofu, beansprouts, peppers and pineapple	Vegetable sausage toad in the hole with onion gravy	Vegetable enchiladas, sour cream and salsa	Stuffed pepper with Moroccan spiced cous cous and herbed yoghurt	Creamy vegetable pie
POTATOES & VEGETABLES	Roast new potatoes Herby egg noodles Green beans Braised red cabbage	Rice Sautéed potatoes Buttered sweet corns Vichy carrots	Roasted potatoes (garlic and rosemary) Sweet potato chips Cabbage Cauliflower cheese	Rice Dauphinoise potato Steamed carrots broccoli	Homemade chips New potatoes Cabbage Peas and sweetcorn	Herby dice Mash Peas Roasted root veg
HOT SWEET	Apple and date almond crumble with custard	Orange and sultana sponge with Chantilly	Pear and frangipane tart	Sticky toffee apple pudding with butterscotch sauce	Nutmeg and vanilla rice pudding	All butter croissant and apricot pudding

Weeks commencing: 09/01/2017, 06/02/2017, 06/03/2017



CORPUS CHRISTI CAFETERIA LUNCH MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
SOUP OF THE DAY	Parsnip and apple	Broccoli and stilton	Moroccan chickpea	Leek and potato	Mushroom and tarragon	Roast tomato and garlic
RUBY MURRAY (ALL SERVED WITH MINI POPPADUM'S)	Chicken tikka dhansak	Butter chicken	Thai red curry and sticky rice	Tikka Paneer and vegetable korma	Lamb Balti with flat bread	
MAIN COURSE	Rosemary, garlic marinated rump steak with mushroom and grilled tomato	Chicken with cheese and herb crust, leek and bacon sauce	Slow roast beef brisket with Yorkshire pudding, gravy and horseradish	Oriental sticky chilli pork ribs	Lamb moussaka and green salad	Honey and mustard baked ham with applesauce
MAIN COURSE	Seared Pollock on spinach with sauce vierge	Salmon pad Thai	Prawn jambalaya	Skipper's choice	Freshly battered plaice, tartare, lemon	Turkey escalope with cranberry and bacon jam
VEGETARIAN MAIN COURSE	Five-veg lasagne (Aubergine, mushroom, red pepper, spinach and pine nut with ricotta)	Provençal omelette cake with rocket and parmesan salad	Sweet potato, aubergine and tomato gratin	Roasted vegetable and mozzarella wrap with salsa	Mushroom and quorn stroganoff	Cauliflower, kale and potato curry
POTATOES & VEGETABLES	Turmeric and cardamom rice Sweet potato chips Peas Baby corn	Homemade chips Mustard mash Roasted cauliflower with soy and garlic Vichy carrots	Roast potatoes Herbed new potatoes Honey roast parsnips and carrot Spinach and Greens	Leek and potato gratin Noodles Mange tout with spinach Roast courgettes	Homemade chips Boulangere Potato Beans Buttered carrots	Garlic potato wedge Rice Crushed carrot and swede Green beans
HOT SWEET	Steamed chocolate pudding with chocolate sauce	Spotted dick and custard	Treacle steamed Pudding with lemony custard	Warm white chocolate and cranberry sponge	Rum and raisin steamed pudding	Apple pie and custard

Weeks commencing: 16/01/2017, 13/02/2017, 13/03/2017



CORPUS CHRISTI CAFETERIA LUNCH MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
SOUP OF THE DAY	Winter minestrone	Butternut squash and cheddar	White bean and smoked garlic	Roast carrot and cumin	Red lentil, chickpea and chilli	Carrot and coriander
BURGER BAR (all garnished with onion, tomato & lettuce)	Chicken burger, spicy corn relish	Portabella, cheese burger with onion	Pork and apple burger, apple chutney	Fajita beef burger, sour cream and guacamole	Classic cheese and bacon burger	
MAIN COURSE	Beef bourguignon	Gammon steak with fried egg	Roast leg of lamb, mint sauce and gravy	Chicken and mushroom pie	Lamb Rogan josh with poppadum's	Roast chicken, sausage meat stuffing and gravy
MAIN COURSE	Steamed oriental cod with beansprout salad	Smoked haddock fishcake with dill sauce	Salmon en crouete with white wine sauce	Skipper's choice	Battered cod, lemon wedge and tartare sauce	Lemon and honey marinated pork loin steaks
VEGETARIAN MAIN COURSE	Shepardless Pie	Lentil and chestnut loaf with Cumberland sauce	Roasted vegetable and ricotta pasta bake	Mushroom biryani	Leek and potato tart with gorgonzola	Cream of vegetable pie
POTATOES & VEGETABLES	Rice New potatoes Carrots Soured cabbage	Homemade chips Mash Peas Cauliflower cheese	Roast potatoes New potatoes Roasted root veg Steamed broccoli	Mash Noodles with crispy onion Sliced carrots Sliced green beans	Homemade chips Rice Spinach and onion Peas and green beans Broccoli(HT)	Roast potatoes New potatoes Sautéed cabbage Roast carrots
HOT SWEET	Eve's pudding and custard	Rice pudding with caramelised banana	Rhubarb crumble with custard	Coconut and mixed berry sponge	Steamed chocolate pudding with chocolate sauce	Peach cobbler with cream

Weeks commencing: 23/01/2017, 20/02/2017, 20/03/2017



CORPUS CHRISTI CAFETERIA LUNCH MENU

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
SOUP OF THE DAY	Roast cauliflower	Mexican bean	Creamy sweetcorn	Roasted red pepper and oregano	Tomato and basil	Thai sweet potato
SLOW COOKED, WARM BRIOCHE BUNS	BBQ pulled pork shoulder with red cabbage slaw	Slow cooked beef brisket with jalapeno, gherkin and coleslaw	Slow cooked leg of lamb, minty tomato onion cucumber raita	Homemade corned beef, pickles and mustard	Slow roasted shredded chicken with BBQ sauce and slaw	
MAIN COURSE	Pork and chorizo cassoulet	Lamb tagine	Roast pork shoulder, roast apples and gravy	Roast chicken breast, caramelised shallot cream sauce	Bacon loin and chilli pineapple salsa	Roast chicken leg with lemon, garlic and rosemary
FISH MAIN COURSE	Baked salmon with dill yoghurt and barley salad	Grilled plaice with leeks and lemon, caper butter	Harissa cod with tabbouleh salad	Skipper's choice	Battered haddock, lemon wedge and tartare sauce	Braised beef steak
VEGETARIAN MAIN COURSE	Gnocchi with spicy tomato sauce and melting mozzarella	Flat mushroom with polenta, pine nuts, basil and feta	Bean and cheese quesadilla	Cheese and onion pasty	Vegetable and lentil lasagne	Nicoise salad with grilled tofu
POTATOES & VEGETABLES	Mash Chips Sweetcorn Kale and greens	Rice Bombay potato Cauliflower Honey roast carrots	Lemon and thyme roast potatoes Rice and beans Leeks and spinach peas	Lyonnaise potato Sweet potato chips Braised red cabbage Roast mixed root vegetables	Chips Rosemary and garlic new potatoes Pok choi and spinach Carrot	Roast new potatoes Mash Green beans Roasted butternut squash and sweet potato
HOT SWEET	Steamed lemon sponge with lemon butter sauce	Warm ginger bread pudding with custard	Vanilla and nutmeg rice pudding with peach	Caramelised peach and almond crumble	Mocha pudding	Pain au chocolate butter pudding with custard

Weeks commencing: 30/01/2017, 27/02/2017, 27/03/2017



CORPUS CHRISTI CAFETERIA DINNER MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
		FRENCH				
SOUP OF THE DAY	Roast tomato and basil	Spicy red lentil	Carrot, ginger and orange	Roast red pepper	Chunky winter vegetable	Sweet potato with cumin
PASTA BAR	Tuna and sweetcorn		Roasted red pepper and oregano	Sundried tomato, olive and caper	Creamy blue cheese and chive	Roasted aubergine, garlic, tomato and basil
MAIN COURSE	BBQ Chinese style pork belly with stir fried Chinese cabbage	Coq au vin	Lamb madras with naan bread	Grilled pork chop with red onion and tomato salsa	Beef and onion pie	Beef goulash
MAIN COURSE	Turkey escalope with cranberry and chorizo chutney	Grilled catch of the day with Nicoise and pearl barley salad	Gammon steak with pin apple and fried egg	Herb crust salmon with creamy leeks	Slow cooked duck leg with orange and ginger sauce	Orange and lemon chicken with stir fried Chinese greens
VEGETARIAN MAIN COURSE	Potato and onion pie	Baked ratatouille with lemon breadcrumb	Wild rice and parsnip cake with honey sauce	Irish vegetable stew with dumplings	Quorn and lentil bolognaise	Winter vegetable gratin
POTATOES & VEGETABLES	Rice Crushed potato Roast winter vegetables Mixed pea and sweetcorn	Boulangère potato French fries Peas a la francaise Vichy carrots	Sauté potatoes Rice with beans Kale and leeks Roasted cauliflower	Homemade chips Herby egg noodles Roast broccoli Sweetcorn	Wedges Boulangere potatoes Sautéed savoy cabbage with caraway seeds Carrots	Sweet potato chips New potatoes Spinach and onions Peppered swede

Weeks commencing: 09/01/2017, 06/02/2017, 06/03/2017



CORPUS CHRISTI CAFETERIA DINNER MENU

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
		ITALIAN				
SOUP OF THE DAY	Parsnip and apple	Broccoli and stilton	Moroccan chickpea	Leek and potato	Mushroom and tarragon	Roast tomato and garlic
JACKET POTATO	Beef chilli and coleslaw		BBQ baked beans and cheddar	Cottage cheese and chive	Sheppard's pie	
MAIN COURSE	Honey and mustard pork steak with apple sauce	Beef lasagne	Beef tagine with apricot, coriander and raisins	Greek lamb casserole	Lamb moussaka	Cajun sausage stew
MAIN COURSE	Lamb hot pot	Parmesan and herb crust chicken with tomato sauce	Southern fried chicken with remoulade	Baked salmon with balsamic roasted vegetables and whipped lemon ricotta	Moroccan chicken thighs, apricot and dates	Lamb steak with salsa Verde
VEGETARIAN MAIN COURSE	Red lentil bolognese	Mushroom risotto	Baked aubergine blue cheese and onion	Leek and broccoli tart	Cheese and potato sausage roll with red onion chutney	Vegetable chilli
POTATOES & VEGETABLES	Crushed herby new potato Sauté potatoes Spinach carrots	Herby dice Garlic and thyme mash Green bean with crispy bread crumbs Sautéed charred and spinach	Rice Curly fries Onion rings Peas and sweetcorn	New potatoes Herby dice Cauliflower cheese Kale	Rice Potato wedges Roast root vegetables and onions Baby corn	Minted new potatoes Mash Peas and sweetcorn Roast carrot

Weeks commencing: 16/01/2017, 13/02/2017, 13/03/2017



CORPUS CHRISTI CAFETERIA DINNER MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
		JAPANESE				
SOUP OF THE DAY	Winter minestrone	Butternut squash and cheddar	White bean and smoked garlic	Roast carrot and cumin	Red lentil, chickpea and chilli	Carrot and coriander
RICE BAR	Pork fried rice		Roast chicken risotto	Seafood paella	Shredded jerk chicken, rice 'n' peas	
MAIN COURSE	Beef and ale pie with gravy	Donkastu (bread crumbed pork escalope) with white cabbage slaw	Braised pork belly in cider	Sausage and bean stew	Cottage pie	Roast chicken supreme with mustard cream sauce
MAIN COURSE	Hoki with coconut curry	Miso marinated beef steak with pickled mooli	Jerk chicken thighs	Baked cod with tomato and thyme	Sticky BBQ ribs and slaw	Grilled pork chop with roast onion and tomato
VEGETARIAN MAIN COURSE	Greek stuffed peppers	Soba noodle with mushroom and miso broth and crispy seaweed and spring onion	Vegetable and cheese pie	Mushroom and chestnut stew	Butternut squash tagine	Broccoli and cheese pasta bake
POTATOES & VEGETABLES	Mash chips Seasonal greens carrots	Rice New potato Stir fried pok choi with leeks peas	Noodles Chips Peas Red cabbage	Roasted new potatoes Rice Savoy cabbage sweetcorn	New potatoes Chips Corn on the cob spinach	Sautéed potatoes New potatoes Cabbage carrots

Weeks commencing: 23/01/2017, 20/02/2017, 20/03/2017



CORPUS CHRISTI CAFETERIA DINNER MENU

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
		VIETNAMESE				
SOUP OF THE DAY	Roast cauliflower	Mexican bean	Creamy sweetcorn	Roasted red pepper and oregano	Tomato and basil	Thai sweet potato
NOODLE BAR	Beef cheek pho	Beef noodle soup(Pho) with lime, bean sprout and coriander	Vegetable Pad Thai	Prawn noodle laksa	Cong You Ban Mian (soy scallion shanghai noodles)	
MAIN COURSE	Spicy Cajun chicken	Vietnamese lamb stew with sweet potato	Spanish baked chicken with chorizo and peppers	Cornish pasties	Breaded pork escalope with apple and mustard chutney	Swedish meatballs, creamy gravy
MAIN COURSE	Minute steak with half a tomato	Seafood bánh xèo (pronounced "boon say-oh")- crepe like pancake	Tuna steak with a warm potato, red onion and spinach salad	Jerk stir-fry noodles with pork belly	Stifado (beef stew with baby onions, red wine, cinnamon and currants)	Roast chicken breast with stir fried red pepper
VEGETARIAN MAIN COURSE	Baked tomatoes stuffed with rice pine nuts and cheese	Vietnamese Vegetarian (butternut squash and green beans) hot pot	Moroccan chickpeas in a pitta with salad	Vegetable and chilli frittata	Spiced vegetable jambalaya	Vegetable lasagne topped with mascarpone and herbs
POTATOES & VEGETABLES	Homemade chips Crushed potato Broccoli with a cheese sauce Peas	Aromatic rice Noodles with bean sprout New potato Carrot	Herby diced potato Roasted new potatoes Savoy cabbage Sliced green beans	Curly fries Parmentier potatoes Corn on the cob Warm slaw	Rice Potato wedges Sweet corns Brussels sprout, onion and cabbage	Rice Sauté potato Buttered carrots Roast cauliflower

Weeks commencing: 30/01/2017, 27/02/2017, 27/03/2017