

June 3- 9

Monday Lunch:

Carrot & Nutmeat rolls w' gravy
Lyonnaise potatoes Roast corn cobs
Baby beans & steamed carrots
Garden salad
scones w' jam & cream

Monday Dinner:

Samosa & cocktail spring rolls
steamed Jasmin rice & Garlic naan bread
Sate noodle
Lemon chicken noodle
Steamed Asian vegetables
Tom Yum Coconut soup

Tuesday Lunch:

Nachos
Mango Coconut pudding

Tuesday Dinner:

Pumpkin & pine nut Cannelloni
Spaghetti bolognaise
Penne Arrabiatta
Garlic bread
Minestrone soup

Wednesday Lunch:

Arancini pumpkin pine nut or Mushroom
baby garlic potatoes Kahl Napoli beans
Ceaser salad
Sticky date pudding & caramel sauce

Wednesday Dinner:

Mushroom Pasties w' parmesan cream sauce
Almond Rice Steamed vegetables
Noodle chilli consommé

Thursday Lunch:

Haystacks
fruit trifle

Thursday Dinner:

Pizza night
Pumpkin Almond Soup & warm bread rolls

Friday Lunch

Mornay vegetable
Rosemary roasted vegetables
Peas & carrots
Caesar salad
Chocolate choc chip muffins

Friday Dinner

Roasted Pumpkin Quiche
Almond Rice Steamed vegetables
Corn Chowder

Saturday Lunch:

Gluten Steaks gravy mashed potato
Peas corn carrot cauliflower mornay
garden salad
Warm mud cake & chocolate sauce

Saturday Dinner:

Curry vegetable & rice
wedges sour cream & chilli sauce
Sweet potato coconut & orange soup
Ice cream & toppings

Sunday Brunch:

not breakfast - not lunch

Sunday Dinner:

Lasagne'
Steamed vegetables
Baked potatoes
Tomato rice celery soup

N.B. Due to seasonal & supplier abnormalities the cafeteria reserves the right to amend this menu without notice.

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