### Week 1 Menu // 2018-19 // Semester 1

#### 19 Meals Per Week

**Monday**

**Breakfast**
- Scotch vegetable broth

**Lunch**
- Beef fajitas;
- Tandoori & red pepper falafel with mango chutney (vegan);
- Quorn and mushroom escalope

**Dinner**
- Fresh fruit or yogurt

**Selection of side dishes**
- Baked/sweet potato;
- Salad bar;
- Daily soup & sandwich bar

**Tuesday**

**Breakfast**
- Scotch vegetable broth

**Lunch**
- Chicken, mushroom & leek pie;
- Goulash pork casserole;
- Pearl barley stew (vegan);
- Spinach & ricotta cannelloni

**Dinner**
- Fresh fruit or yogurt

**Selection of side dishes**
- Baked/sweet potato;
- Salad bar;
- Daily soup & sandwich bar

**Wednesday**

**Breakfast**
- Scotch vegetable broth

**Lunch**
- Beef fajitas;
- Tandoori & red pepper falafel with mango chutney (vegan);
- Quorn and mushroom escalope

**Dinner**
- Fresh fruit or yogurt

**Selection of side dishes**
- Baked/sweet potato;
- Salad bar;
- Daily soup & sandwich bar

**Thursday**

**Breakfast**
- Scotch vegetable broth

**Lunch**
- Beef fajitas;
- Tandoori & red pepper falafel with mango chutney (vegan);
- Quorn and mushroom escalope

**Dinner**
- Fresh fruit or yogurt

**Selection of side dishes**
- Baked/sweet potato;
- Salad bar;
- Daily soup & sandwich bar

**Friday**

**Breakfast**
- Scotch vegetable broth

**Lunch**
- Beef fajitas;
- Tandoori & red pepper falafel with mango chutney (vegan);
- Quorn and mushroom escalope

**Dinner**
- Fresh fruit or yogurt

**Selection of side dishes**
- Baked/sweet potato;
- Salad bar;
- Daily soup & sandwich bar

**Saturday**

**Breakfast**
- Scotch vegetable broth

**Lunch**
- Beef fajitas;
- Tandoori & red pepper falafel with mango chutney (vegan);
- Quorn and mushroom escalope

**Dinner**
- Fresh fruit or yogurt

**Selection of side dishes**
- Baked/sweet potato;
- Salad bar;
- Daily soup & sandwich bar

**Sunday**

**Breakfast**
- Scotch vegetable broth

**Lunch**
- Beef fajitas;
- Tandoori & red pepper falafel with mango chutney (vegan);
- Quorn and mushroom escalope

**Dinner**
- Fresh fruit or yogurt

**Selection of side dishes**
- Baked/sweet potato;
- Salad bar;
- Daily soup & sandwich bar

**Note:** Meals may change weekly. Please check the menu board for the latest offerings.