

JMCC Restaurant Student Dinner Menu Monday Week 3

(v) = Suitable for vegetarian (gf) =Gluten free (vg) = Vegan

Soup of the day

Yellow split pea (v)

Cumberland Sausage roast onion & grain mustard jus

Fish pie (gf)

Sweet & sour Vegetables (vg)

Tortellini formagio Basil chilli & tomato sauce (v)

Accompaniments

Brussels sprouts (v) (vg) (gf)

Potato gratin (v) (gf)

Singapore fried rice (v) (vg) (gf)

Glazed carrots (v) (vg) (gf)

Dessert

Selected cakes (v)

Assorted fresh fruit –Bananas Plums Oranges Red apples Green apples

Assorted flavoured yoghurts Fruit pots

Hot & cold beverages with tap water readily available

Tuesday Dinner menu week 3

(v) = Suitable for vegetarian (gf) =Gluten free (vg) = Vegan

Soup of the day

Minestrone (V)

Chicken & Ham pie

Coley with a white wine and spinach sauce

Risotto with sweet potato & Kale (v)

Stuffed pepper with a spiced mixed bean & quinoa (v) (vg) (gf)

Accompaniments

Boiled new potato (v) (vg) (gf)

Braised red cabbage (v) (vg) (gf)

Peas & sweetcorn (v) (vg) (gf)

Curly fries (v) (vg) (gf)

Dessert

Selected cakes (v)

Assorted fresh fruit –Bananas Plums Oranges Red apples Green apples

Assorted flavoured yoghurts Fruit pots

Hot & cold beverages with tap water readily available

Wednesday Dinner menu week 3

(v) = Suitable for vegetarian (gf) =Gluten free (vg) = Vegan

Soup of the day

Sweet potato & coconut soup (v)

Chorizo burger seeded buns onion relish

Breaded Pollock fillet with lemon & tartare sauce

Vegetable & Lentil potato bake (vg)

Morocan Vegetable tagine (v)

Accompaniments

Chunky Fries (v) (vg)

Cauliflower (v) (vg) (gf)

Minted boiled potato (v) (vg) (gf)

Julienne Vegetables (v) (vg) (gf)

Dessert

Selected cakes (v)

Assorted fresh fruit –Bananas Plums Oranges Red apples Green apples

Assorted flavoured yoghurts Fruit pots

Hot & cold beverages with tap water readily available

Thursday Dinner menu week 3

(v) = Suitable for vegetarian (gf) =Gluten free (vg) = Vegan

Soup of the day

French onion (v)

Caribbean pork steak

Baked salmon with lemon & herb dressing

Malaysian Vegetable curry (vg)

Macaroni cheese garlic bread (v)

Accompaniments

Jeera rice (v) (vg) (gf)

Garden peas (v) (vg) (gf)

New potato (v) (vg) (gf)

Oriental vegetables (v) (vg) (gf)

Dessert

Selected cakes (v)

Assorted fresh fruit –Bananas Plums Oranges Red apples Green apples

Assorted flavoured yoghurts Fruit pots

Hot & cold beverages with tap water readily available

Friday Dinner menu week 3

(v) = Suitable for vegetarian (gf) =Gluten free (vg) = Vegan

Soup of the day

Cream of Cauliflower (v)

Braised beef olives with a red wine and roast onion sauce

Fish curry (gf)

Crispy spring rolls sweet chilli dip (v)

Garden Vegetable pie (vg)

Accompaniments

Boiled potato (v)(vg)(gf)

Broccoli (v)

Sweet corn (v) (vg) (gf)

Seasoned rice (v)

Dessert

Selected cakes (v)

Assorted fresh fruit –Bananas Plums Oranges Red apples Green apples

Assorted flavoured yoghurts Fruit pots

Hot & cold beverages with tap water readily available

Saturday brunch menu week 3

Breakfast menu items plus one of the following vegan options

Cauliflower & Aubergine Malabar curry with rice

Moroccan vegetable tagine with cous cous

Malaysian vegetable curry with rice

Sweet & sour vegetables with rice



Saturday Dinner menu week 3

(v) = Suitable for vegetarian (gf) =Gluten free (vg) =Vegan

Soup of the day

Cream of mushroom (V)

Beef steak and vegetable casserole

Smoked Haddock & Mozzarella fishcake

Quorn mushroom escalope (v)

Sweet potato Green Lentil Caribbean jerk (v)

Accompaniments

Peas (v) (vg) (gf)

Cauliflower (v) (vg) (gf)

Boiled New Potato (v) (vg) (gf)

Seasoned rice (v) (vg) (gf)

Dessert

Selected cakes (v)

Assorted fresh fruit –Bananas Plums Oranges Red apples Green apples

Assorted flavoured yoghurts Fruit pots

Hot & cold beverages with tap water readily available

Sunday brunch menu week 3

Breakfast menu items plus one of the following vegan options

Cauliflower & Aubergine Malabar curry with rice

Moroccan vegetable tagine with cous cous

Malaysian vegetable curry with rice

Sweet & sour vegetables with rice



Sunday Dinner menu week 3

(v) = Suitable for vegetarian (gf) =Gluten free (vg)= Vegan

Soup of the day

Cream of Tomato (v)

Roast Loin of Bacon Honey mustard glaze

Baked cod with pesto dressing (gf)

Potato Courgette & soya bean corn taco (vg)

Pea & asparagus Risotto (v)

Accompaniments

Roast potato (v) (vg) (gf)

Mashed potato (v) (vg) (gf)

Honey roast root Vegetables (v) (vg) (gf)

Savoy cabbge (v) (vg) (gf)

Dessert

Selected cakes (v)

Assorted fresh fruit –Bananas Plums Oranges Red apples Green apples

Assorted flavoured yoghurts Fruit pots

Hot & cold beverages with tap water readily available