

JMCC Restaurant Student Dinner Menu Monday Week 1

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

Monday dinner menu week 1

Soup of the day

Roast Tomato & Basil Soup (v)

Sweet & Sour Chicken

Balsamic Glazed Grilled Salmon (gf)

Penne Pasta with arrabiata sauce (v) (vg)

Sweet Potato & Green Lentil Caribbean Jerk (vg)

Accompaniments

Green beans (v) (vg) (gf)

Cauliflower florets (v) (gf) (vg)

Jasmine rice (v) (vg) (gf)

New Potato (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 1

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

Soup of the day

Carrot and coriander (v)

Beef Chilli con Carne (GF)

Baked Cod with a pesto dressing (v) (gf)

Vegetable Stir Fry, Egg Noodles & Black Bean Sauce (v)

Sweet & Sour Vegetables (vg)

Accompaniments

Seasoned Rice (v) (vg)

Broccoli (v) (vg) (gf)

Carrots (v) (vg) (gf)

Roast potatoes (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 1

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

Soup of the day

French Onion (v)

Haggis Burger with seeded buns

Seafood Paella (GF)

Tortellini formagio red pesto sauce (V)

Cauliflower & aubergine Malabar curry (vg) (gf)

Accompaniments

Jeera Rice (v) (vg) (gf)

Garden Peas (v) (vg) (gf)

Sweetcorn (v) (vg) (gf)

Skinny 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

Thursday dinner menu week 1

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

Soup of the day

Leek and potato (v)

Piri Piri chicken (gf)

Haddock & Mozzarella fishcake with tartare sauce (gf)

Penne pasta creamy mushroom & spinach sauce (v)

Broad bean courgette green pea & carrot pilaf (vg)

Accompaniments

Brussels sprouts (v) (vg) (gf)

Mashed potato (v) (gf)

Peas & Carrots (v) (vg) (gf)

Savoury 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

Friday dinner menu week 1

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

Soup of the day

Red lentil soup (v)

Braised beef olives

Fish Curry (gf)

Stuffed mushroom with ratatouille and feta (v)

Cauliflower Aubergine and Malabar curry (vg)

Accompaniments

Basmati Rice (v) (vg) (gf)

Julienne vegetables (v) (vg) (gf)

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

Carrot Batons (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

Saturday brunch menu week 1

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 1

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

Cream of mushroom (v)

Pork & beef meatballs spicy tomato sauce

Baked Teriyaki Salmon fillet

Moroccan Vegetable tagine (VG)

Wild Mushroom risotto (v)

Accompaniments

Tomato Cous Cous (v) (vg)

Potato Croquettes (v)

Baby corn (v) (vg) (gf) (v) (gf)

Sauted Savoy Cabbage

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 1

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 1

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

Soup of the day

Minestrone (v)

Roast Beef Yorkshire pudding onion jus

Coley with tomato & olive dressing (gf)

Malaysian Vegetable curry (vg)

Quorn & Mushroom escalope (v)

Accompaniments

Peas and corn (v) (vg) (gf)

Roast potato with thyme (v) (vg) (gf)

Honey Root Vegetables (v) (vg)

Mash Potato (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