

## Summer Language School Menus 2014 - Southampton Solent University - WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Croissants Pain Au Chocolate Toast Cereal Yoghurt Butter and Jams Fresh Fruit Full English Breakfast	Croissants Pain Au Chocolate Toast Cereal Yoghurt Butter and Jams Fresh Fruit Full English Breakfast	Croissants Pain Au Chocolate Toast Cereal Yoghurt Butter and Jams Fresh Fruit Full English Breakfast	Croissants Pain Au Chocolate Toast Cereal Yoghurt Butter and Jams Fresh Fruit Full English Breakfast	Croissants Pain Au Chocolate Toast Cereal Yoghurt Butter and Jams Fresh Fruit Full English Breakfast	Croissants Pain Au Chocolate Toast Cereal Yoghurt Butter and Jams Fresh Fruit Full English Breakfast	Croissants Pain Au Chocolate Toast Cereal Yoghurt Butter and Jams Fresh Fruit Full English Breakfast
LUNCH	Beef Lasagne Vegetable Lasagne (v) New Potatoes A Selection of Fresh Vegetables Jacket Potatoes with a variety of Fillings Salad Selection Fresh Fruit Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day Grilled Cajun Chicken Baguette Houmous & Roasted Vegetable Baguette (v)	Coq au Vin Risotto with Charred Leeks (v) Rice A Selection of Fresh Vegetables Jacket Potatoes with a variety of Fillings Salad Selection Fresh Fruit Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day Chicken or Ham & Mushroom Pizza Margarita or Mediterranean Veg Pizza (v)	Steak & Guinness Sausages Quorn Sausages (v) Mash Potatoes & Gravy A Selection of Fresh Vegetables Jacket Potatoes with a variety of Fillings Salad Selection Fresh Fruit Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day Tuna & Sweetcorn Baguette Feta Cheese Baguette (v)	Beef Stir Fry Vegetable Chow Mein (v) Noodles A Selection of Fresh Vegetables Jacket Potatoes with a variety of Fillings Salad Selection Fresh Fruit Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day BBQ Chicken or Meatball Panini Brie & Cranberry or Roasted Vegetable Panini (v)	Battered or Grilled Haddock with Fennel Mushroom Carbonara (v) Fries A Selection of Fresh Vegetables Jacket Potatoes with a variety of Fillings Salad Selection Fresh Fruit Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day Southern Fried Chicken Pieces Pepper & Bean Burritos (v)	Sweet and Sour Chicken Chilli & Pepper Frittata (v) Rice A Selection of Fresh Vegetables Jacket Potatoes with a variety of Fillings Salad Selection Fresh Fruit Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day BLT Baguette or Beef Baguette Spiced Falafal and Spinach Wrap (v)	Roast Beef Cheddar Roast (v) Roast Potatoes A Selection of Fresh Vegetables Jacket Potatoes with a variety of Fillings Salad Selection Fresh Fruit Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day Tuna or Cheese & Bacon Panini Cheese & Tomato or Soft Cheese & Pepper Panini (v)
DINNER	Chilli Baked Bassa Polenta & Lentil Cakes (v) Quarter Pounder Beefburger Spicy Bean Burger (v) Fries, Lemon Cous Cous A Selection of Fresh Vegetables Salad Selection Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day Mousse	Beef & Mushroom Pie Butternut Squash Pie (v) Chicken Nuggets Vegetable Spring Rolls (v) Mash Potato, Rice A Selection of Fresh Vegetables Salad Selection Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day Ice Cream	Chicken Tagine Bean and Squash Tangine (v) Fish Goujons Vegetable Nuggets (v) Fries, Cous Cous A Selection of Fresh Vegetables Salad Selection Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day Sponge & Custard	Roast Chicken Tortellini Ricotta (v) Hot Dogs Vegetarian Hot Dogs (v) Roast Potatoes, Tomato Pasta A Selection of Fresh Vegetables Salad Selection Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day Ice Cream	Chilli Con Carne Vegetarian Sausage Jambalaya (v) Pasties Cheese and Onion Pasties (v) Fries, Rice A Selection of Fresh Vegetables Salad Selection Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day Caramel Heaven	Thai Fish Cakes Broccoli and Cheddar Quiche (v) Pepperoni or Cajun Chicken Pizza Margarita or Mediterranean Veg Pizza (v) Wedges, Noodles A Selection of Fresh Vegetables Salad Selection Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day Ice Cream	Chicken Tikka Chick Pea & Lentil Dahl (v) Chicken Burger Spicy Bean Burger (v) Fries, Rice A Selection of Fresh Vegetables Salad Selection Soup of the Day Bread Roll with Olive Oil & Butter Pasta & Sauce of the Day Flapjack