















MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY


BREAKFAST

<p>Free Range Scrambled Egg Grilled Bacon Grilled Cumberland Sausages Vegetarian Sausages Baked Beans Large Croissant</p>	<p>Assorted Jam Portions Marmalade Portions Selection of Cereals  Low Fat Natural Yoghurt One Piece of Fruit Toast </p>
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LUNCH



<p>Chicken Breast  OR Beef Lasagne OR Vegetable Lasagne  Garlic Bread New Potatoes, Carrots & Peas One Piece of Fruit</p>	<p>Lemon & Pepper Haddock OR Shepherds Pie  OR Tortellini Formaggio Tomato Sauce*  Fries, Broccoli, Garlic Bread One Piece of Fruit</p>	<p>Chicken Portion  OR Beef & Vegetables OR Vegetable Spring Roll  Rice, Soy Noodles, Sweet Corn One Piece of Fruit</p>	<p>Pork Loin Chop  OR Chicken & Pepper Tagine  OR Vegetable Tagine  Moroccan Cous Cous Mashed Potatoes, Fine Green Beans One Piece of Fruit</p>	<p>Packed Lunch See packed lunch menu</p>	<p>Southern Fried Chicken BBQ Sauce*  OR Mild Beef Chilli OR Vegetable Frittata  Rice & Peas, New Potatoes, Carrots & Leeks One Piece of Fruit</p>	<p>Breaded Fish OR Meatballs OR Vegetable & Soya Cottage Pie  Potato Wedges, Vegetable Rice, Garden Peas One Piece of Fruit</p>
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DINNER

<p>Breaded Fish Cakes OR Beef Burger in a Wholemeal Bun  OR Giant Vegetable Samosa Sweet Chilli Sauce*  Cajun Potato Wedges, Rice, Garden Peas & Sweetcorn Cold Dessert</p>	<p>Jumbo Baked Sausage Roll OR Chicken & Bean Tortilla  OR Vegetable & Bean Tortilla  Minted New Potatoes, Mexican Rice, Fine Green Beans Cold Dessert</p>	<p>Meat Pizza  OR Ham & Tomato Quiche OR Margherita Pizza  Potato Wedges, Ratatouille Cold Dessert</p>	<p>Breaded Chicken Burger in a Wholemeal Bun  OR Baked Fish Fillet  OR Vegetable Quarter Pounder in a Wholemeal Bun New Potatoes, Fries, Sliced Carrots Cold Dessert</p>	<p>Hot Dogs OR Chicken Breast Kebab  OR Vegetarian Sausage Hot Dogs  Saute Potatoes, Spicy Rice, Broccoli Cold Dessert</p>	<p>Meat Pizza  OR Margherita Pizza  OR Cannelloni Verdi  Fries Sweetcorn & Saute Leeks Cold Dessert</p>	<p>Roast Chicken  OR Cottage Pie  OR Vegetarian Nut Roast  OR Roast Potatoes Garden Peas & Carrots Cold Dessert</p>
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UNLIMITED COUNTER

These are unlimited

Bread Roll 
Selection of Cold Salads & Pasta
Half Baked Potato
Soup 

Disclaimer: The restaurant menu is designed to offer the choice of one main dish per person from the main hot counters alongside a variety of side dishes. Language school staff, students and representatives cannot return to the main hot counters for second helpings during lunch and dinner, however can fill up from our 'unlimited' counter including our fresh salad bar filled with plenty of colourful choices, making it easy to get your five a day, along with bread rolls, half baked potatoes and hot soups. The restaurant is closed on Sunday lunchtimes to all clients and therefore packed lunches will be provided. Packed breakfasts contain: one croissant with jam/butter portion, one piece of whole fruit, one mini muffin and a 500ml bottle of water. Packed lunches and/or packed dinners contain: one sandwich (either plain cheese or plain ham or egg mayo or chicken mayo or dietary option), one packet of plain walkers crisps, one small chocolate bar, one apple and a 500ml bottle of water. The menu cannot be changed during the summer without incurring costs to all clients.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

BREAKFAST

Free Range Scrambled Egg
Grilled Bacon
Grilled Cumberland Sausages
Vegetarian Sausages
Baked Beans
Large Croissant

Assorted Jam Portions
Marmalade Portions
Selection of Cereals
Low Fat Natural Yoghurt
One Piece of Fruit
Toast

LUNCH

<p>Pork & Vegetable Stir Fry OR Beef & Vegetable Spring Roll OR Vegetable Soya Stir Fry Soya Noodles Chinese Rice Sweetcorn One Piece of Fruit</p>	<p>Chicken Portion OR Lamb & Vegetable Samosa OR Vegetable Tikka Masala Basmati Rice Onion Bhaji Garden Peas One Piece of Fruit</p>	<p>Smoked Haddock & Spring Onion Fishcake OR Chicken Breast OR Vegetable Moussaka New Potatoes Turmeric Rice Fine Green Beans One Piece of Fruit</p>	<p>Pork Loin Chop OR Beef Spaghetti Bolognese OR Med Veg Frittata Garlic Bread Potato Wedges Sliced Carrots One Piece of Fruit</p>	<p>Packed Lunch</p> <p>See packed lunch menu</p>	<p>Cheese Topped Cottage Pie OR Cajun Chicken Skewer OR Tortellini Formaggio Garlic Bread Cauliflower New Potatoes One Piece of Fruit</p>	<p>Baked Breaded Fish OR Chicken Portion OR Vegetable Kieff Vegetable Rice Fries Petit Pois One Piece of Fruit</p>
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DINNER

<p>Chicken & Vegetable Pie OR Fillet of Fish in a Seeded White Bap OR Vegetarian Ravioli Garlic Bread Ratatouille Croquette Potatoes Cold Dessert</p>	<p>Southern Fried Chicken OR Chilli Baked Fish OR Vegetable & Bean Taco Roasted New Potatoes Cajun Beans Sliced Buttered Courgettes Cold Dessert</p>	<p>Meat Pizza OR Margherita Pizza OR Cumberland Sausages Fries Mashed Potatoes Sweetcorn Cold Dessert</p>	<p>Battered Chicken Breast Burger in a Wholemeal Bun OR Chilli Con Carne OR Spicy Beanburger in a Wholemeal Bun Rice Saute Potatoes BBQ Baked Beans Cold Dessert</p>	<p>Chicken & Smoked Ham Slice OR Beef Bolognese Canneloni OR Giant Vegetable Samosa Minted Boiled Potatoes Soy Noodles Broccoli Cold Dessert</p>	<p>Meat Pizza OR Ham & Tomato Quiche OR Margherita Pizza Potato Wedges Carrots & Leeks Cold Dessert</p>	<p>Roasted Chicken OR Roast Loin Chop Pork OR Vegetable Korma Roasted Potatoes Roast Carrots & Peas Basmati Rice Cold Dessert</p>
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UNLIMITED COUNTER

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Half Baked Potato
Soup

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DOCK RESTAURANT

PACKED MEAL MENU 2019

SUMMER LANGUAGE SCHOOL

BREAKFAST

One Croissant
Jam / Butter Portion
A Piece of Whole Fruit
Mini Muffin
Bottle of Water (500ml)

LUNCH

Sandwich*
Plain Walkers Crisps
A Piece of Whole Fruit
Small Chocolate Bar
Bottle of Water (500ml)

DINNER

Sandwich*
Plain Walkers Crisps
A Piece of Whole Fruit
Small Chocolate Bar
Bottle of Water (500ml)

*** Sandwich fillings include:**

**Plain Cheese OR Plain Ham OR
Egg Mayo OR Chicken Mayo**

Allergies

The University does not operate a dedicated kitchen area for dietary requirements. The University shall not assume any liability for adverse reactions to foods consumed, or items one may come in contact with while eating at any University establishments. We understand that allergies present a serious problem for some people and while we can make arrangements to provide foods in which allergens are not included as an ingredient, we cannot guarantee that traces of nominated food allergens, can remain completely absent from dishes as these foods may be handled and stored in the same areas as nominated allergens. Please note: the University is no longer able to offer Halal however a selection of vegetarian dishes are available.

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