Monday Wk 1	Tuesday Wk 1	Wednesday Wk 1	Thursday Wk 1	Friday Wk 1	Sunday Wk 1
Refectory Lunch	Refectory Lunch	Refectory Lunch	Refectory Lunch	Refectory Lunch	Refectory Lunch
Meatballs	Fresh Fish Rice n Peas	Chicken Breast Burgers	Trinity's Famous Curry Club	Teriyaki Fish with Stir Fry Veg	Doner Kebabs
Quorn Fillets with Butter Bean & Spinach Sauce	Garlic Bread	4" & 5" Soft Floured Rolls	Pilau Rice	Fish Fingers	Tasca Breads
Italian Tomato Sauce	Stuffed Pepper Quorn Tagine with Cous Cous	Cauliflower Cheese	Nan Breads	Savoury Cheese Melts	Roasted Squash with Quorn and Sweet Potato
Spaghetti Pasta		Vegetable Quarter Pounders	6 Sambols	Battered Fish of the Day	Baked Jackets
Westcountry herbed mid Potatoes	Chilli Sauce	Baked Potato Skins	Baked Jackets	Half Jackets and Pasta	Jacket Fillings
Sweet carrots with basil	Broccoli & Cauliflower	Parsley Potatoes	Jacket Fillings	Chipped Potatoes	Fresh Salad
Peas	Sauté Cabbage And onion	Peas And Sweet corn		Garden & Mushy Peas	
Pasta	Pasta	Stir Fry Vegetables	Pasta	Grilled Tomatoes	Pasta
	Tomato And Basil Sauce	Pasta & Pomodoro Sauce	Stilton & Celery Sauce	Tangy tomato and red onion sauce	Tomato And Coriander Sauce
Refectory Chiller and Salad Bar	Refectory Chiller and Salad Bar	Refectory Chiller and Salad Bar	Refectory Chiller and Salad Bar	Refectory Chiller and Salad Bar	Refectory Chiller and Salad Bar
Protein Salads	Protein Salads	Protein Salads	Protein Salads	Protein Salads	Protein Salads
Egg, Tuna, Cheese, Ham	Egg, Tuna, Cheese, Ham	Egg, Tuna, Cheese, Ham	Egg, Tuna, Cheese, Ham	Egg, Tuna, Cheese, Ham	Egg, Tuna, Cheese, Ham
Mexican wraps	Mexican wraps	Mexican wraps	Mexican wraps	Mexican wraps	Mexican wraps
Chicken, Cottage Cheese	Chicken, Cottage Cheese	Chicken, Cottage Cheese	Chicken, Cottage Cheese	Chicken, Cottage Cheese	Chicken, Cottage Cheese
And help yourself to as much	And help yourself to as much	And help yourself to as much	And help yourself to as much	And help yourself to as much	And help yourself to as much
Lettuce, Tomato, Cucumber	Lettuce, Tomato, Cucumber	Lettuce, Tomato, Cucumber	Lettuce, Tomato, Cucumber	Lettuce, Tomato, Cucumber	Lettuce, Tomato, Cucumber
and 2 daily composite salads	and 2 daily composite salads	and 2 daily composite salads	and 2 daily composite salads	and 2 daily composite salads	and 2 daily composite salads
as you like	as you like	as you like	as you like	as you like	as you like
The Baguette Bar	**The Baguette Bar**	**The Baguette Bar**	**The Baguette Bar**	**The Baguette Bar**	
Freshly Baked Baguettes	**Freshly Baked Baguettes**	**Freshly Baked Baguettes**	**Freshly Baked Baguettes**	**Freshly Baked Baguettes**	
including soft batons, granary subs, and thick and thin baguettes	**including soft batons, granary subs, and thick and thin baguettes**	**including soft batons, granary subs, and thick and thin baguettes**	**including soft batons, granary subs, and thick and thin baguettes**	**including soft batons, granary subs, and thick and thin baguettes**	
filled with 2 protein items	**filled with 2 protein items**	**filled with 2 protein items**	**filled with 2 protein items**	**filled with 2 protein items**	
and as much salad as you want	and as much salad as you want	and as much salad as you want	and as much salad as you want	and as much salad as you want	
CARVERY ROAST MEAT DAY	**CURRY DAY**	**HOT WOK NOODLE DAY**	**CARVERY ROAST MEAT DAY**	**HOT WOK NOODLE DAY**	
Honey Roast Hams, Salted Silversides,	Chicken Korma or Vegetable Madras,	Chicken Noodle Stir Fry	Honey Roast Hams, Salted Silversides,	Chicken Noodle Stir Fry	
Roasted Beef & Loins of Pork	Steamed Rice and Accompanyments	Filled Tascas, Meatballs and More	Roasted Beef & Loins of Pork	Filled Tascas, Meatballs and More	
Refectory Desserts	**Refectory Desserts**	**Refectory Desserts**	**Refectory Desserts**	**Refectory Desserts**	**Refectory Desserts**
Bakewell Tart		Spotted Dick	Ice Creams	Fresh Fruit Kettles	Fruit Jelly
Custard	Toffee Apple Pancake Stacks	Yoghurt Sauce			
Pro Biotic Home Made Yoghurts	Pro Biotic Home Made Yoghurts	Pro Biotic Home Made Yoghurts	Pro Biotic Home Made Yoghurts	Pro Biotic Home Made Yoghurts	Pro Biotic Home Made Yoghurts
Jellies & Mousses	Jellies & Mousses	Jellies & Mousses	Jellies & Mousses	Jellies & Mousses	Jellies & Mousses
Cold sweets	Cold sweets	Cold sweets	Cold sweets	Cold sweets	Cold sweets