

# Sample Menu

## Choice!

- 3 hot meals a day (breakfast, lunch and dinner)
- 15 day rotating menu
- Fresh salad bar, bread and fruits available at lunch and dinner
- Hot breakfast and wide variety of cereals, fruits and bread available at every breakfast
- Vegetarian options available

## Go Fully Catered: don't miss a meal!

- At uni all day? **Packed lunches** are available for fully catered members
- Working late? **Late dinners** are also available to semi-catered members.

## Day 1

**Breakfast:** Omelette/baked beans/bacon

**Lunch:** fish/steak and chips

**Dinner main 1:** butter chicken

**Dinner main 2:** roast lamb

Peas/roasted pumpkin

basmati rice/mashed potatoes

**Vegetarian:** eggplant picatta

**Dessert:** Sticky date pudding

## Day 2

**Breakfast:** Pancakes/mushrooms/sausages

**Lunch:** schnitzel and chips

**Dinner main 1:** stir fried noodles with chicken

**Dinner main 2:** fish with hollandaise sauce

mixed greens/cauliflower

steamed rice/brown rice

**Vegetarian:** vegetarian pasta bake

**Dessert:** chocolate mousse

## Day 3

**Breakfast:** French toast/spaghetti/ hash browns

**Lunch:** salads and rolls

**Dinner main 1:** pork stir fry with mushroom and oyster sauce

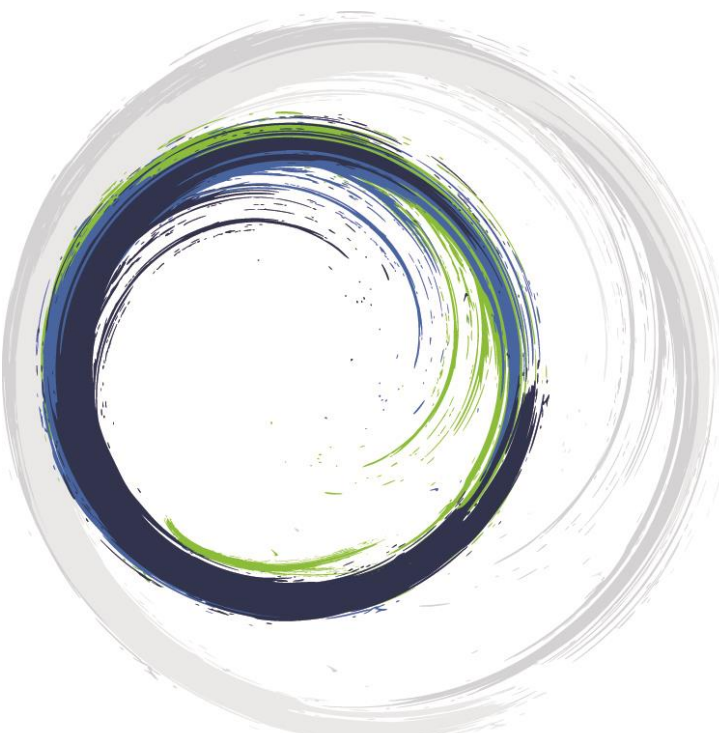
**Dinner main 2:** chargrilled chicken with sauce of the day

roasted pumpkin/peas

steamed rice/roasted chat potatoes

**Vegetarian:** gnocchi with sauce of the day

**Dessert:** apple tart and cream



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## Day 4

- Breakfast:** Eggs cocotte/bacon/grilled tomato
- Lunch:** Salads, soups and rolls
- Dinner main 1:** BBQed Korean pork
- Dinner main 2:** fish with white wine sauce/ capers and SD tomatoes  
mixed greens/eggplant  
jasmine rice/steamed potatoes
- Vegetarian:** gnocchi with sauce of the day
- Dessert:** strawberries romanov

## Day 5

- Breakfast:** Scrambled eggs/baked beans/mushrooms
- Lunch:** steak, fish and chips
- Dinner main 1:** chicken with Moroccan spices
- Dinner main 2:** roast beef  
beans/pumpkin  
couscous/potato bake
- Vegetarian:** legumes with Moroccan spices
- Dessert:** Chocolate and hazelnut semifreddo

## Day 6

- Breakfast:** Bacon and eggs pastries/tomatoes/hash browns
- Lunch:** Asian lunch
- Dinner main 1:** braised lamb shoulder with cinnamon and preserved lemon
- Dinner main 2:** chicken drumettes with honey and soy  
Broccoli/carrots  
steamed rice/couscous
- Vegetarian:** curried eggplant
- Dessert:** fruit salad