

WEEK ONE

BREAKFAST

Tea, coffee, juice and water available!

LUNCH

Salad and drinks available daily. Help yourself!

DINNER

Salad and drinks available daily. Help yourself!

MONDAY

Cereal selection (v)
Toast with nutella & jam (v)
Bacon (gf)
Fresh fruit salad (gf) (v)
Hard boiled egg (v)

Bread basket
Lemon & thyme chicken leg with broccoli & crushed
new potatoes (gf)
Egyptian vegetable tagine with cous cous (v)
Spaghetti carbonara
Fruit

Bread basket
Steak & vegetable pie with roasted carrots & potatoes
Roasted tomato & cheese quiche (v)
Chicken cow mein
Mini milk ice lolly

TUESDAY

Cereal selection (v)
Toast with nutella & jam (v)
Natural yoghurt with honey (v)
Continental meats

Bread basket
Lamb moussaka with roasted cauliflower
Lentil & pinenut loaf with tomato & garlic sauce &
roasted vegetables (v)
Stir fried noodles with broccoli, peas & black bean sauce (v)
Fruit

Seasonal soup with bread basket
Southern fried chicken fillet with roasted new potatoes & coleslaw
Bean chilli with rice & sour cream (v)
Macaroni cheese with garlic bread (v)
Cheese & biscuits

WEDNESDAY

Cereal selection (v)
Toast with nutella & jam (v)
Fruit yoghurt (v)
American buttermilk pancake
with syrup (v)

Bread basket
Cumberland sausage with mustard mash, glazed carrots &
onion gravy
Pea, herb & parmesan risotto (v)
Leek & mushroom ravioli with salad (v)
Fruit

Bread basket
Turkey & leek pie with green beans & herby diced potatoes
Singapore vegetable chow mein (v)
Spiced chicken with lentils & rice
Jam tart

THURSDAY

Cereal selection (v)
Toast with nutella & jam (v)
Yoghurt bar with fruit coulis (v)
Sausage & hash browns

Bread basket
Spicy beef with salsa, sour cream & wedges
Aubergine & quorn fajita with sour cream & wedges (v)
Soba noodles with teriyaki, spring onion & mushroom (v)
Fruit

Seasonal soup with bread
Lamb korma, onion bhaji, naan bread & rice
Vegetable lasagne with garlic bread (v)
Tomato & bacon pasta
Cherry shortbread

FRIDAY

Cereal selection (v)
Toast with nutella & jam (v)
Yoghurt & cut fruit (v)
Baked beans (v)
Bacon

Bread basket
Pulled pork bap with coleslaw & fries
Spring rolls with soya and ginger dipping sauce & rice (v)
Parsley & tomato fondue pasta (vn)
Fruit

Bread basket
Pepperoni pizza
Margherita pizza (v)
Roasted carrot & black bean noodles (vn)
Rice krispie squares

SATURDAY

Cereal selection (v)
Toast with nutella & jam (v)
Waffle with syrup (v)
Fresh fruit salad (gf) (v)

SUMMER AT

OXFORD
BROOKES
UNIVERSITY

Seasonal soup with bread
Herby pork steak with white bean cassoulet & rice
Tarragon & tomato gnocchi (v)
Stir fried Szechuan rice with garlic, chilli & bok choy (v)
Dessert of the day

SUNDAY

Cereal selection (v)
Toast with nutella & jam (v)
Yoghurt, granola & chocolate sauce (v)
Omelette (v) (gf)

Bread basket
Garlic & rosemary chicken with stuffing, green beans &
roast potatoes
Vegetable tagine with lemon cous cous (v)
Stir fried noodles, mushrooms & coriander in sweet chilli sauce (vn)
Dessert of the day