

Old Road Campus Research Building

16th – 20th December



BREAKFAST
Traditional English cooked breakfast
'On Toast' grab & go hot breakfast
Croissants, Danish & savoury pastries

GRAB & GO
Sandwiches, paninis & wraps
Salad bar



LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday
Soup:	Sweet Potato & Chilli	Tomato & Basil	Courgette & Pesto Pea	Carrot & Coriander	Spring green & Lentil
Main course: £3.90	Squash, pepper & aubergine tagine with bulghar wheat	Bean & Veggie chilli tortilla chips, sour cream & brown rice	Vegetable & lentil casserole with garlic parsley mashed potatoes	Tikka paneer & butternut squash curry with steamed rice	Spicy Texas veggie burger with chipotle mayo, jalapeno & cheddar served with potato wedges & crunchy nut
Main course: £4.50	Moroccan orange roasted chicken with spiced vegetables & coriander cous cous	Spicy beef taco with Mexican slaw & spiced fajita vegetables	Chicken, leek & mushrooms pie with herbed roast potatoes & steamed baton carrots	Steamed bao bun with pork char sui & steamed rice	Golden battered fish & skin on chips with mushy peas, tartare sauce & lemon
Side dishes:	Moroccan Falafel & Apricot Salad £1 Wholemeal Pitta Bread 80p Coriander cous cous 60p	Berlotti bean & quinoa salad £1 Chilli & lime corn on the cob 90p Tortilla chips 50p	Braised red cabbage £1 Seeded sourdough pave 90p Herbed roast potato 80p	Onion & tomato salad 90p Roasted pineapple, cashew, Chinese leaf salad £1 Vegetable spring roll (2) 80p	Potato wedges 80p Skin on chips £1.25 House salad 60p
Baked potatoes – From £1.45	Jacket potato (baked beans, cheddar cheese, tuna mayo)	Jacket potato (baked beans, cheddar cheese, tuna mayo)	Jacket potato (baked beans, cheddar cheese, tuna mayo)	Jacket potato (baked beans, cheddar cheese, tuna mayo)	Jacket potato (baked beans, cheddar cheese, tuna mayo)

Salad Bar Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Classic Greek salad of onion, tomato, feta, cucumber & olives	Minted couscous, pea & spring onion	Caribbean salad Sweet potato, plantain, baby corn, spinach & coconut	Quinoa wheat berry & mixed leaf salad	Potato, red onion, parmesan, cherry tomato & balsamic salad
Mexican bean salad	Curried coleslaw & pineapple	Red pepper, sunflower seed & mustard slaw	Tomato, cucumber, pomegranate & sumac salad	Roasted pepper, onion, aubergine & courgette pasta in tomato sauce
Mixed olives	Mixed olives	Mixed olives	Mixed olives	Mixed olives
Tomato Cucumber	Tomato Cucumber	Tomato Cucumber	Tomato Cucumber	Tomato Cucumber
Mix leaf salad	Mix leaf salad	Mix leaf salad	Mix leaf salad	Mix leaf salad
Julienne carrots	Julienne carrots	Julienne carrots	Julienne carrots	Julienne carrots
Selection of oils, dressings nuts & seeds to garnish your salads	Selection of oils, dressings nuts & seeds to garnish your salads	Selection of oils, dressings nuts & seeds to garnish your salads	Selection of oils, dressings nuts & seeds to garnish your salads	Selection of oils, dressings nuts & seeds to garnish your salads