

**St Hilda's College Weekly Menu**  
**2<sup>nd</sup> Week**

**The Dining Hall has provided a selection of menus options which are Meat, Fish,  
Vegetarian and Vegan**

**Monday is always meat free with a reduction of meat through the week**

**Breakfast is 8am to 10am Lunch 12pm to 2pm Dinner 5.30pm to 7.30pm**

**Monday (Meat free day)**

**Lunch**

Chef's soup of the day (Vg)  
Jacket potatoes and daily filling  
(Vg) Mixed vegetables paella (sulphites)  
(V) New potato and onion omelette (egg)  
(Vg) Paprika, Chickpea & potato stew (celery)  
Seasonal vegetables  
Cherry Bakewell sponge (milk, wheat, egg)

**Dinner**

Hummus, olives, carrot and seasonal leaves (sulphites)  
(Vg) Stuffed peppers (sulphites)  
(V) Leek & stilton tarts (milk wheat egg)  
(Vg) Roast vegs cassoulet (sulphites celery)  
Seasonal vegetables, roast sweet potato  
Strawberry pavlova (milk egg)

**Tuesday**

**Lunch**

Chef's soup of the day (Vg)  
Jacket potatoes and daily filling  
Lancashire hotpot (milk, sulphates, celery)  
(V) Grilled panner cheese with rustic tomato sauce (milk celery sulphites)  
(Vg) Sumac spiced aubergine steak (mustard)  
Seasonal vegetable's French fries  
Chocolate chip banana cake (Wheat, milk)

**Dinner**

Stu (wheat milk egg)  
Chilli con carne (celery sulphites)  
(Vg) Sweet potato chilli (celery sulphites)  
(V) Roast vegs enchilada (wheat milk sulphites)  
Steam rice, Nachos, guacamole, Pico de Gallo, iceberg lettuce, mild salsa and sour cream  
churros with cinnamon chocolate sauce (milk, wheat, eggs)

## Wednesday

### Lunch

Chef's soup of the day (Vg)  
Jacket potatoes and daily filling  
Chicken & leek filo pie (wheat milk celery)  
(Vg)Roast med vegs crumble (wheat celery sulphites)  
(V) Butter beans, spinach and feta bake (wheat milk)  
Peas, roasted swede, cauliflower, mash  
Chocolate & raspberry pots (milk, soya)

### Dinner

#### Formal Hall served at 7.30pm in the Dining Hall

Blue cheese pannacotta  
Walnut praline, watercress salad, tomato focaccia V  
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Crispy aubergine schnitzel  
Asian slaw, truffle new potatoes, lemon dressing VG  
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Sticky pineapple and ginger cake  
Vanilla ice cream, toffee sauce.

## Thursday

### Lunch

Chef's soup of the day (Vg)  
Jacket potatoes and daily filling  
Chipotle spiced Pork rib eye steak and apple sauce  
(Vg)Grilled polenta with Mediterranean vegs in tomato sauce (celery sulphites)  
(V) Crispy chilli battered cauliflower quarters and yogurt sauce (wheat milk)  
Crushed new potatoes, broccoli, grilled portobello mushrooms  
Chocolate sponge with strawberries and cream (wheat egg milk)

### Dinner (Veggie Night)

Moroccan sweet potato hummus, bread and salad (sesame wheat)  
(Vg) Pumpkin, cranberry and red onion Tagine (celery sulphites)  
(V) Chickpea Ras El-Hanout fritters and garlic sauce (wheat milk)  
(Vg) Aubergine, lentils, cherry tomato and apricot tray bake (sulphites celery)  
Spiced bulgur wheat with vegs, carrots with cumin, buttered Swiss chard  
Chocolate Orange and cardamon cake (wheat egg milk)

## **Friday**

### **Lunch**

Chef's soup of the day (Vg)

Jacket potatoes and daily filling

Thai spiced salmon fishcakes (fish, milk, eggs, sulphates, shellfish)

(Vg) Stir fry tofu, beans sprouts and Chinese leaf (soy)

(Vg) Hot & sour vegetables (celery)

Steam rice, sweet chilli baby corn, mangetout

Apple crumble, vanilla custard (milk, wheat)

### **Dinner**

Duck liver parfait toasted brioche (milk, sulphates wheat)

Southern fried chicken burger (celery, wheat, sulphites)

(V) Aubergine parmigiana (celery sulphites milk)

(Vg) Stuffed beef tomato (celery)

Garlic and herbs pasta, seasonal vegetables, curly fries

Bischoff cheesecake (wheat, egg, milk)

## **Saturday**

**College Brunch will be served from 11pm to 1pm**

Grilled Smoked bacon

Pork chipolatas (wheat)

Hash browns (milk, wheat)

Scrambled eggs (eggs, milk)

Grilled tomatoes

Roasted Portobello mushrooms

Croissant Croque monsieur (eggs, milk, wheat)

Avocado on toasted sourdough (wheat)

Waffles with chocolate sauce whipped cream (eggs, milk, soya, wheat)

Berries and Greek yogurt (milk)

Fruit salad

## **Sunday**

### **Dinner**

Roast chicken in lemon and garlic, roast gravy

(Vg) Homemade vegetable nut roast (wheat nuts)

Yorkshire pudding and stuffing (wheat egg milk)

Roast potato, cauliflower cheese, curly kale, slice carrots

Sticky toffee pudding and Carmel custard (wheat egg milk)