

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Freshly Made Soups £1.00</b>	Chef's Soup of the Day with Homemade Bread	Chef's Soup of the Day with Homemade Bread	Chef's Soup of the Day with Homemade Bread	Chef's Soup of the Day with Homemade Bread	Chef's Soup of the Day with Homemade Bread
<b>1,2,3 Salad Bar £2.10</b>	Lemon & Thyme Grilled Chicken	Tuna & Sweetcorn	Cottage & Cheddar Cheeses	Grilled Cajun Marinated Chicken	Greek Feta
<b>Vegetarian Main Course £2.10</b>	Feta, Roasted Pepper & Polenta Lasagne	Vegetable Chow Mein	Spanish Spicy Vegetable Frittata	Refried Bean Chimichanga, Salsa & Succotash	Our Homemade Veggie Burger in a Bun
<b>Main Courses £2.10</b>	Beef Lasagne with Garlic Bread, Seasonal Vegetables & Homemade Coleslaw	Ruby Tuesday...Chicken & Mango Balti Add Homemade Coconut Naan Bread for 25p each	Roast Chicken, Yorkshire Pudding & all the Trimmings <b>or</b> Roast in a Bun!	Chilli Beef Burrito, baked with Salsa & Mozzarella	Ginger Beer Battered Fillet of Fish <b>or</b> Fish Pie with Chips & Minted Peas
<b>Tub Grub Pots £1.75</b>	<b>Pot Pasta</b> Cucina Tomato Sauce ✓ or Spicy Thai Pork Meatballs	<b>Pot Pasta</b> Cucina Tomato Sauce ✓ or Tuscan Sausage Sauce	<b>Pot Pasta</b> Cucina Tomato Sauce ✓ or Bolognese Sauce	<b>Pot Pasta</b> Cucina Tomato Sauce ✓ or Basil Pesto (Nuts!) ✓	<b>Pot Noodle / Pasta</b> Cucina Tomato Sauce ✓ or Original Curry Sauce ✓
<b>Designer Pizza £8.00 (Pre-order &amp; Takeaway)</b>	<b>The Rustichella</b> Bacon, Rocket, Grana Padano, Caesar Dressing	<b>The Trentino</b> Ham, Rocket, Grana Padano	<b>The Bufala ✓</b> Fresh Mozzarella, Basil, Rocket, Olive Oil	<b>The Four Seasons</b> Mushroom, Ham, Pepperoni, Olives	<b>The Carne Piccante</b> Chicken, Meatballs, Mushrooms, Chilli
<b>Classic Pizza £1.20 Premium Pizza £1.20</b>	Cheesy Garlic Focaccia ✓	Classic Margherita Pizza ✓ Ham & Mozzarella Pizza	BBQ Chicken Focaccia	Classic Margherita Pizza ✓ Pepperoni Pizza	Cheesy Garlic Focaccia ✓
<b>Hot Puds! £0.90</b>	Traditional Apple Crumble with Vanilla Ice Cream	Pear & Ginger Puff with Honeyed Yoghurt	Chocolate & Banana Bread & Butter Pudding	Drop Cherry Pancakes with Vanilla Ice Cream	Seasonal Fruit Pie with Custard
<b>Cold Puds! £0.90</b>	Classic Lemon Tart	Chilled Rice Pudding with Strawberry Compote	Mixed Fruit Tart	Banoffee Tubs	Fairtrade Chocolate & Raspberry Mousse



All of our foods are prepared in an environment where nuts and other food allergens are present. If you have special dietary requirements, please speak to our Executive Chef who will be happy to find something suitable. Sorry, but we have to add VAT to these prices for all non students **September 2011**

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Made Soups £1.00	Chef's Soup of the Day with Homemade Bread	Chef's Soup of the Day with Homemade Bread	Chef's Soup of the Day with Homemade Bread	Chef's Soup of the Day with Homemade Bread	Chef's Soup of the Day with Homemade Bread
1,2,3 Salad Bar £2.10	Tagliatelle of Ham	Classic Prawn Cocktail Marie Rose	Spicy Chicken Pieces	Crumbled Goats' Cheese with Cranberry	Smoked Salmon with Sweet Lemon Syrup
Vegetarian Main Course £2.10	Potato Skins stuffed full of Falafel	Cauliflower & Chickpea Curry	Vegetable Pad Thai	Capital Style Broccoli with Sesame & Pineapple	Bubble 'n' Squeak, with Grilled Halloumi
Main Courses £2.10	Cucina Pork Sausages, Bashed Potatoes & Baked Beans	Tandoori Chicken with Bombay Potatoes & Pilau Rice Add Homemade Coconut Naan Bread for 25p each	Roast Pork, Yorkshire Pudding & all the Trimmings or Roast in a Bun!	Kung Po Chicken with Cucina Special Fried Rice & Fried Greens	Chip Shop Battered Fillet of Fish or Doorstep Fishfinger Sandwich & Mushy Peas with Chips
Tub Grub Pots £1.75	<b>Pot Pasta</b> Cucina Tomato Sauce V or Red Pesto Sauce V	<b>Pot Pasta</b> Cucina Tomato Sauce V or Classic Alfredo Sauce V	<b>Pot Pasta</b> Cucina Tomato Sauce V or Rasta Pasta Spicy Chicken Wings	<b>Pot Pasta</b> Cucina Tomato Sauce V or Chicken & Sweetcorn Broth	<b>Pot Noodle / Pasta</b> Cucina Tomato Sauce V or Basil Pesto (NUTS!) V
Designer Pizza £8.00 (Pre-order & Takeaway)	<b>La Reine</b> Ham, Mushroom, Olives	<b>The Bombay</b> Tandoori Chicken, Yoghurt, Red Onion, Mango Chutney	<b>The Funghi V</b> Mushrooms, Thyme, Mozzarella	<b>The Quattro Formaggi V</b> Mozzarella, Grana Padano, Feta, Cheddar	<b>The Capricciosa</b> Spicy Sausage, Ham, Olives, Rocket, Egg
Classic Pizza £1.20 Premium Pizza £1.20	Cheesy Garlic Focaccia V	Classic Margherita Pizza V Ham & Mozzarella Pizza	BBQ Chicken Focaccia	Classic Margherita Pizza V Pepperoni Pizza	Cheesy Garlic Focaccia V
Hot Puds! £0.90	Classic Jam Roly-Poly with Custard	Chocolate & Banana Pancake	Sticky Lemon Sponge with Custard	Baked Chocolate Tart with Vanilla Cream	Steamed Apple & Cinnamon Upside Down Pudding with Vanilla Ice Cream
Cold Puds! £0.90	Blueberry Frangipane Tart	Black Forest Gateau	Banana & Toffee Cheesecake	Raspberry Panna Cotta	Swiss Roll with Fruit Compote



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# Lunch Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Made Soups £1.00	Chef's Soup of the Day with Homemade Bread	Chef's Soup of the Day with Homemade Bread	Chef's Soup of the Day with Homemade Bread	Chef's Soup of the Day with Homemade Bread	Chef's Soup of the Day with Homemade Bread
1,2,3 Salad Bar £2.10	Grilled Garlic & Rosemary Chicken	Tuna & Sweetcorn	Cottage & Cheddar Cheeses	Tagliatelle of Beef, Creamed Horseradish	Fishermans Pot
Vegetarian Main Course £2.10	Japanese Noodles with Ginger, Tofu & Bok Choi	Creamy Vegetable Curry	Macaroni Cheese Bake	Pepper & Courgette Stroganoff	Black & Blue Cajun Cheese & Mushroom Burger
Main Courses £2.10	Sweet Chilli Chicken Pieces with Roast Vegetable & Pineapple Cous Cous	Chicken Korma with Pilau Rice, add Homemade Coconut Naan Bread & Poppadoms for 25p each	Honey Roast Gammon or Chicken with Stuffing & Yorkshire Pudding or Roast in a Bun!	Jerk Chicken with Rice & Peas Spicy Baked Potato Wedges & BBQ Beans	Lemonade Battered Fillet of Fish or Salmon Fishcake with Lemon Mayo & Spinach Garnish with Chips
Tub Grub Pots £1.75	<b>Pot Pasta</b> Cucina Tomato Sauce V or Chorizo with Roasted Peppers	<b>Pot Pasta</b> Cucina Tomato Sauce V or Basil Pesto (Nuts!) V	<b>Pot Pasta</b> Cucina Tomato Sauce V or Probably the Worlds' Best Pasta Sauce!	<b>Pot Pasta / Rice</b> Cucina Tomato Sauce V or Sweet & Spicy Fried Rice	<b>Pot Noodle / Pasta</b> Cucina Tomato Sauce V or Sweet Chilli
Designer Pizza £8.00 (Pre-order & Takeaway)	<b>The Lazy Luigi</b> Spicy Beef, Green Pepper, Onion	<b>The Pollo Al Rosmarino</b> Chicken, Roasted Pepper, Goats Cheese, Rosemary	<b>The Tropicale</b> Ham, Pineapple, Mozzarella	<b>The Peking</b> Shredded Duck, Hoisin Sauce, Spring Onion, Rocket	<b>The Meatball Marinara</b> Meatball, Mushroom, Rocket, Herbs
Classic Pizza £1.20 Premium Pizza £1.20	Cheesy Garlic Focaccia V	Classic Margherita Pizza V Ham & Mozzarella Pizza	BBQ Chicken Focaccia	Classic Margherita Pizza V Pepperoni Pizza	Cheesy Garlic Focaccia V
Hot Puds! £0.90	Raspberry Sponge with Custard	Baked Strawberry & Custard Puff with Chocolate Sauce	Belgian Waffles with Hot Cherry Topping	Mixed Fruit Crumble	Sticky Toffee Pudding with Custard
Cold Puds! £0.90	Fairtrade Chocolate & Orange Mousse	Homemade Fruit Brandy Snaps	Individual Lemon Meringue Pie	Raspberry Crème Brulee	Chocolate Meringue with Cherry Ripple



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