

MENU FOR INTERNATIONAL HALL

Please note that this include main courses only and is subject to change.

September 18
- October 29

**International Hall Menu
September 18th – 24th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main dish one	Beef Lasagne	Roast Cod with a Pea and Pesto Crust	Vietnamese Banh Mi	Italian Pranzo Salad Grilled Chicken Breast	Cumberland Sausage Ring	Lamb Kofta	Roast Pork and Apple Sauce
Main dish two	Lentil, Feta and Onion Parcel with Red Pepper Salsa	Greek Lamb and Macaroni Bake	Beef Madras	Italian Pranzo Salad Smoked and Pepered Mackerel	Scampi	Cajun Turkey Escalope	Roast Chicken and Sage and Onion Stuffing
Main dish three	Stir Fried Rice with Asian Vegetables	Tempura Vegetables with noodles	Sweet Potato and Quorn Coconut Curry	Italian Pranzo Salad Grilled Indonesian Tempeh (vegan)	Black Bean Tofu with Crispy Vegetables	Macaroni Cheese	Quorn Meatballs with Tomato and Basil Sauce

**International Hall Menu
September 25th – October 1st**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main dish one	Lebanese Chicken with Herbed Cous Cous	Grilled Haddock with Olive	Moussaka	Spaghetti Bolognaise	Breaded Plaice	Lebanese Chicken Flatbread	Roast Beef and Yorkshire Pudding
Main dish two	Root Vegetable and Chick Pea Tagine	Lamb Rogan Josh	Tuna Steak with Spring Onions, Ginger and Soy Sauce	Polenta with Beans and Garlicky Greens (vegan)	Steamed Cod	Glazed Pork and Barbecue Sauce	Roast Chicken with Thyme Stuffing
Main dish three	Pasta with Roasted Vegetables	Spiced Bean Cakes	Vegetable Stroganoff	Mexican Vegetable Fajita	Squash and Peanut Hotpot	Falafel and Tabbouleh	Marinated Halloumi Skewers

**International Hall Menu
October 2nd – October 8th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main dish one	Grilled Chicken with Quinoa and Greek Salad	Salmon, Cod and Spring Onion Fishcakes	Cantonese Sweet and Sour Chicken	Grilled turkey steak with olives and Italian cheese	Battered Pollock	Cajun Chicken Breast	Roast Turkey with Cranberry Sauce
Main dish two	Vegetable Curry	Jerk Chicken	Asparagus and Potato Tart	Roasted ratatouille with balsamic basil garlic dressing (vegan)	Breaded Scampi	Smoked Salmon Souffle Tart	Roast Chicken with Bread Sauce
Main dish three	Broccoli and Leek Pasta Bake	Balsamic Quorn, Borlotti Bean and Sweet Potato Risotto	Snow Pea, Spinach and Potato Curry	Vegetable Lasagne	Tofu, Mushroom, Pepper and Basil Kebabs	Pasta Arrabiata	Quorn Jambalaya

**International Hall Menu
October 9th – October 15th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main dish one	Grilled Cod	Baked Chicken with Butter Beans and Garlic	Salmon with Chickpeas and Spinach	Power Box Lemon and Coriander Chicken	Steamed Haddock	Beef Stir Fry	Roast Beef with Horseradish Sauce
Main dish two	Indian Bhaji Flatbread	Asian Noodles with Prawn	Southern Baked Pork	Power Box Grain and Garden Burger (vegan)	Battered Cod	Piri Piri Chicken	Roast Chicken with a Rich Gravy
Main dish three	Chow Mein Mushroom Noodles	Spinach and Tofu Enchilladas	Harissa Vegetable and Smoked Aubergine Tart	Power Box Spinach and Carrot Falafel	Warm Quorn Nicoise Salad with a Garlic Croute	Sweet Potato and Avocado Taco with Pomegranate Salsa	Roasted Vegetable Macaroni

**International Hall Menu
October 16th – October 22nd**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main dish one	Fisherman's Pie	Lamb Biryani	Baked Miso Fish with Lime Salad	Malaysian Chicken	Marinated Lamb Pitta Bread	Hot Baguette	Roast Pork and Apple Sauce
Main dish two	Mushroom and Chick Pea Chana	Chicken with Asian Cabbage	Beef Burger with Melted Cheddar Cheese and Caramelised Onions	Red Lentil Bolognaise (vegan)	Battered Fish	Chicken with Chipotie Dressing	Roast Chicken with Herby Stuffing
Main dish three	Hoi Sin Vegetable Noodles	Falafel and Houmous Flat Bread	Mixed Bean Cottage Pie	Sweetcorn and Carrot Fritter	Tuscan Bean Pasta	Trinidadian Sweet Potato Curry	Pepper and Feta Frittata

**International Hall Menu
October 23rd – October 29th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main dish one	Lemon and Ginger Cod	Greek Lamb Tray Bake	Turkey Schnitzel	Mexican Bean Tortilla (vegan)	Battered Hoki	Pasta Carbonara	Gammon with a Picallili Salsa
Main dish two	Vegetable Moussaka	Chicken Sage and White Bean Casserole	Mixed Pepper Burrito	Grilled Chicken	Chicken and Mushroom Pie	Jamaican Style Chicken and Pineapple	Roast Chicken
Main dish three	Quorn Bolognese	Roasted Mushroom Wrap	Vegetable Quiche	Macaroni with Roasted Vegetables	Vegetable Fajita with Refried Beans	Pasta Pomodoro	Quorn Burrito with Sour Cream and Salsa