

Cal Day Cafeteria Example Menu

This is an example menu. Meals are subject to change depending on availability of ingredients.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast						
Boiled egg (V) A choice of Cereal; Toast and Jam; Chef's choice of pastry; Yoghurt and Fruit	Potato waffle and baked beans (V) A choice of Cereal; Toast and Jam; Chef's choice of pastry; Yoghurt and Fruit	Warmed breakfast pancake with syrup A choice of Cereal; Toast and Jam; Chef's choice of pastry; Yoghurt and Fruit	Pork sausage or Vegetarian sausage (V) and baked beans (V) A choice of Cereal; Toast and Jam; Chef's choice of pastry; Yoghurt and Fruit	Croissant and jam A choice of Cereal; Toast and Jam; Chef's choice of pastry; Yoghurt and Fruit	Bacon or Vegetarian sausage (V) in a roll A choice of Cereal; Toast and Jam; Chef's choice of pastry; Yoghurt and Fruit	Pork sausage or Vegetarian sausage (V) and baked beans A choice of Cereal; Toast and Jam; Chef's choice of pastry; Yoghurt and Fruit
Lunch						
Wikinger Hot Dog/Quorn hot dog (V) with onions Bag of Crisps; Salad and Fruit Chef's Choice of Dessert	Chicken Nuggets or Quorn nuggets (V) in a wrap with a choice of sauces Bag of Crisps; Spaghetti Hoops Salad and Fruit Chef's Choice of Dessert	Pizza slice (V) Bag of Crisps; Salad and Fruit Chef's Choice of Dessert	Macaroni Cheese Choice of Vegetables and Side Salad and Fruit Chef's Choice of Dessert	Beef burger or Vegetarian burger Bag of Crisps; Salad and Fruit Chef's Choice of Dessert	Chef's Choice of Savoury Pastry Bag of Crisps; Salad and Fruit Chef's Choice of Dessert	Ham or Cheese (V) Sandwich Bag of Crisps; Salad and Fruit Chef's Choice of Dessert
Evening Dinner						
Spaghetti and Meatballs or Quorn meatballs (V) with bolognese sauce (V) Salad Bar Chef's choice of dessert	Sausage or Vegetarian sausage (V) and mash; Seasonal Vegetables Salad Bar Chef's choice of dessert	Roast chicken or Oven-cooked Chicken-Style Fillet (V) and gravy; Chef's Choice of Potato; Seasonal Vegetables Salad Bar Chef's choice of dessert	Chicken or Vegetable (V) Curry with rice Salad Bar Chef's choice of dessert	Fish cake or Vegetable Finger (V) Chef's Choice of Potato and Seasonal Vegetables Chef's choice of dessert	Cottage pie or Quorn cottage pie; Seasonal Vegetables Salad Bar Chef's choice of dessert	Beef or Vegetable (V) Lasagne; Seasonal Vegetables Salad Bar Chef's choice of dessert