



THE
CAMPUS
KITCHEN

HIGHFIELD Hall Sept 2026

Monday Week 1 Caribbean

Jerk Chicken Thighs, Scotch Bonnet Gravy, Rice n Peas, Pineapple Salsa

Caribbean Fish Curry with Coconut & Spinach, Rice n Peas

Sweet Potato & Black Bean Stew, Rice n Peas, Pineapple Salsa

Sides: Roast Pineapple Gem Lettuce Salad, Lime Dressing

Tuesday Week 1 Taco Tuesday

Beef Birria, Pink Onions, Soft Flour Tortillas

Chicken Fajita, Peppers, Onions

Shredded Mushroom, Vegan Cheese, Pink Onions

Sides: Nachos with guacamole, salsa, sour cream

Wednesday Week 1 Mediterranean

Lamb Moussaka, Greek Salad

Roast Chicken Thighs, Chimichurri, Saute Potatoes, Seasonal Veg

Harissa Vegan Fillet, Roast Aubergine, Saute Potatoes, Seasonal Veg

Sides: Seasonal Veg

Thursday Week 1 Korean

Fried Chicken, Hot Honey Sauce, Steamed Rice, Asian Slaw

Gochujang Pork Belly, Spring Onions, Green Chilli, Steamed Rice, Asian Slaw

Tofu Steak, Carrot, Onion & Pepper Stir Fry, Steamed Rice, Asian Slaw

Sides: Prawn Crackers & Sweet Chilli

Friday Week 1

Battered Fish of the Day, Chips, Peas, Tartare Sauce

Chicken, Bacon & Leek Pie, Chips, Seasonal Veg

Pea, Mint & Feta Fritters, Chips, Seasonal Veg

Whilst every effort has been made to ensure that the allergen information is correct and that accidental cross contamination does not occur, the University of Southampton cannot guarantee that food prepared on our premises or by our selected suppliers is done so in an entirely allergen-free environment. If you require any further allergen information, please speak to a member of the service staff who will be happy to assist .



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Monday Week 2 Wraps

Piri Piri Chicken Skewer, Flatbread Wrap, Pickled White Cabbage, Garlic Mayo, Spiced Rice
Hot Honey Pork Skewers, Flatbread Wrap, Pickled White Cabbage, Garlic Mayo, Spiced Rice
Cumin Spiced Halloumi, Flatbread Wrap, Pickled White Cabbage, Garlic Mayo, Spiced Rice
Sides:

Tuesday Week 2 Italian

Classic Beef Lasagne, Garlic Bread, Rocket
Chicken Parmigiana, Garlic Bread, Rocket
Gnocchi, Red Pepper Coulis, Roasted Peppers & Capers, Garlic Bread, Rocket
Sides: Fries

Wednesday Week 2 Indian

Tandoori Chicken Masala, Pilau Rice
Paneer Makhani, Pilau Rice
Spinach, Tomato & Chickpea Balti, Pilau Rice
Sides
Poppadom & Chutneys / Naan Bread
Onion Bhaji/Pakorras
Saag Aloo / Tarka Dhal

Thursday Week 2 Burgers

Cajun/Caesar/Texas BBQ Chicken Burger, Lime/Caesar/Chilli Mayo, Rocket/Gem Lettuce, Fries
Classic Cheeseburger, Brioche Bun, Gherkins, Sliced Tomato, Fries
Classic Mac N Cheese, Side Salad— Rocket/Gem/Iceberg etc
Sides: French Fries

Friday Week 2 British

Battered Cod - peas - tartare sauce , chips
Olde English Sausages, Crushed New Potatoes or chips, Peas, Gravy
Jerk Style Vegan Burger, Roast Peppers, Chips, Salad

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Monday Week 3 Classics

Provençale Chicken, Herbed New Potatoes, Summer Vegetables (Dry Ratatouille?)

Pork Loin Steak, Sage & Onion Saute Potatoes, Summer Vegetables (Dry Ratatouille?)

Nut Free Nut Roast, Tomato & Pepper Sauce, Choice of Potatoes & Veg

Sides:

Tuesday Week 3 British

Pulled Pork Hog Roast Bap, Apple Sauce, Stuffing, Coleslaw

Lemon & Herb Chicken Caesar Wrap, Coleslaw

BBQ Jackfruit Wrap/Bap, Coleslaw

Sides Potato Wedges

Wednesday Week 3 Japanese

Chicken Katsu, Curry Sauce, Steamed Rice, Pickles, Broccoli

Teriyaki Tofu, Stir Fry Veg, Steamed Rice, Broccoli

Miso Aubergine Steak, Steamed Rice, Pickles, Broccoli

Sides: Edamame Beans

Thursday Week 3 Thai

Thai Roast Chicken, Coconut Rice, Soy & Sesame Courgette

Beef Larb with Green Beans, Spring Onions & Coriander, Coconut Rice, Soy & Sesame Courgette

Sweet Potato Massaman, Coconut Rice, Soy & Sesame Courgette

Sides Vegetable Spring Rolls

Friday Week 3 Chip Shop

Battered Cod, Mushy or Garden Peas, Tartare Sauce, Chips

Battered Halloumi, Peas, Tartare Sauce, Chips

Salmon Fishcake, Peas, Tartare Sauce, Chips

Sides Chips, Curry Sauce