



THE
CAMPUS
KITCHEN

175-Terrace-NOC WK 1

Monday

Classic beef lasagne, garlic bread, rocket

Chicken parmigiano, garlic bread, rocket

Gnocchi, pesto, cherry tomatoes, garlic bread, rocket

Sides: Rosemary, garlic fries

Ceaser salad

Tuesday

Keema lamb dhansak, basmati rice, crispy onions

Tandoori chicken tikka, basmati rice, crispy onion, mint yoghurt

Mushroom and lentil rogan Josh, basmati rice, crispy onions

Sides: Onion bhaji

Vegetable samosa

All mains to include: Papadum, chutney, raita, tomato salad

Wednesday

Bulgogi pork strips, broccoli and spring onions, soy egg noodles

Kung Po chicken, soy rice noodles, peppers and spring onions

Teriyaki tofu, beansprouts, butternut squash, soy noodles

Sides: Vegetable spring rolls

Mushroom fried rice

Thursday

Roast Pork, Roast Potatoes, Glazed Root Vegetables, Stuffing, Apple Sauce

Lamb & Mint Sausage, Mashed Potatoes, Glazed Root Vegetables, Red Onion & Ale Gravy

Quorn, Carrot & Leek Cottage Pie, Steamed Broccoli

Sides: Mashed Potatoes

Glazed Vegetables

Steamed Broccoli

Friday

Buttered cod, chips, peas, tartare sauce

Lamb and apricot tagine, giant cous cous, edam, cucumber salad

Baked pepper, vegan feta ragu, giant cous cous, edam bean and cucumber salad

Sides: Chips



THE
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175-Terrace-NOC Wk2

Monday

Lemon and herb chicken skewer, flatbread, tzatziki, tomato and olive salad

Pork Souvlaki, flatbread, tzatziki, pickled cabbage, tomato and olive salad

Vegan feta, orzo, roasted vegetable bake, pickled cabbage

Sides: Chilli and lemon new potatoes

Tomato and olive salad

Tuesday

Chilli con carne, lentil and borlotti beans, basmati rice, guacamole, nacho chips

Salmon fishcakes, quinoa, broad bean, chick pea salad, tomato and lime dressing

Quinoa coated crispy cauliflower, peppers and onions, wrap, guacamole, wedges

Sides: Wedges

Steamed broccoli

Wednesday

BBQ pork ribs, fries, sweetcorn relish, iceberg wedges, ranch

Southern fried chicken burger, lime and chilli mayo, fries, iceberg wedges, ranch

Grilled halloumi, Italian roasted vegetables, brioche, red pepper mayo, fries

Sides: Fries

Coleslaw

Thursday

Jamaican Jerk turkey escalope, pineapple salsa, potato and black bean stew

Caribbean pork curry, rice and peas, plantain chips

Sweet potato, butternut and spinach coconut curry, rice and peas, plantain chips

Sides: Mango and chilli green beans

Rice and peas

Friday

Battered fish, chips, peas, tartare sauce

Chicken breast char-grilled leak and cheddar sauce, thyme roasted new potatoes

Sausage, tomato and forest mushroom penne pasta, garlic bread

Sides: Chips

Gem, plum tomato, pickled cucumber

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.



THE
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KITCHEN

175-Terrace-NOC Week 3

Monday

Chicken breast, shallot and chestnut mushroom gravy, grain mustard mash, savoy cabbage

Belly pork, lentil, potato and tomato cassoulet, savoy cabbage

Vegan bourguignon, cheese and onion dumplings, grain mustard mash, savoy cabbage

Sides: Ratatouille vegetables

Tuesday

Spanish "white fish" chorizo, white bean, steamed greens

Cuban pork strips, spicy tomato rice, fried crispy plantain

Pea and lemon bites, mambonito salad, soft tacos, salsa, wedges

Sides: Olive bread

Wedges

Wednesday

Shepherds pie, steamed broccoli, rosemary gravy

Roast chicken, roast potatoes, glazed root vegetables, stuffing

Cauliflower macaroni cheese, crispy onions, rocket

Sides: Glazed root vegetables

Steamed broccoli

Thursday

Crispy vegetable pancake, Chinese leaf and peppers, Korean BBQ sauce, egg fried noodles

Sweet and sour chicken, rice, crispy onions,

Thai green vegetable curry, rice, crispy onions

Sides: Asian slaw

Salt and pepper chips

Friday week

Battered fish, chips, peas, tartare sauce

Beef and chestnut mushroom stroganoff, chive mash, crispy kale

Quorn sausage and butterbean casserole, chive mash, crispy kale

Sides: Peas, chips

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