

ORA Lunch Menu – Week 1

Lunch week 1 1.45-2.10	Soul Kitchen Monday	Mexican Tuesday	Best of British Wednesday	Chinese Thursday	Grill & Bun Friday
Main meal £2.50	<u>Jerk chicken</u> Tender chicken thighs in a Jamaican spices, grilled for a bold, smoky, and slightly spicy taste	<u>Mince beef tacos</u> Tasty seasoned minced beef in a crunchy hard-shell taco, with a self serve topping bar of fresh lettuce, grated cheese and salsa	<u>Honey, Rosemary roast chicken</u> Roasted chicken thigh with honey and rosemary	<u>Sweet and sour chicken</u> Tender chicken breast with pineapple chunks, peppers and onion in a sweet and sour sauce	<u>Chicken burger</u> Crispy or grilled chicken burger with a self serve option of shedded lettuce and tomato with garlic mayo or BBQ sauce
Meat free £2.50	<u>Butterbean & spinach curry</u> Creamy coconut butter beans with fresh spinach in mild Jamaican spices	<u>Quesadillas</u> Crispy golden tortillas stuffed with melted cheese and a rainbow of veggies in American spice	<u>Cheesy lentil pie</u> Red lentils, carrots, onions and courgettes baked under a crispy melted cheese topping	<u>Chow Mein</u> Stir-fried noodles mixed with carrots bean sprouts, and onions, tossed in a savory sesame soy sauce	<u>Homemade Bean burger</u> Chickpeas, butter beans mixed with spices and herbs then pan fried, with a self serve option of shedded lettuce and tomato
Sides	Elevated Mac Mixed Salad Corn on the cob	Refried beans Sweetcorn Salsa	Roast potatoes vegetables Gravy	Prawn crackers White & Brown rice Garlic, chilli green beans	Oven chips coleslaw salad
Pasta	Mac & Cheese £1.60 Plain 80p Pasta cheese £1.50	Tomato £1.60 Plain 80p Pasta cheese £1.50	Carbonara £1.60 Plain 80p Pasta cheese £1.50	Pesto £1.60 Plain 80p Pasta cheese £1.50	Bolognese £1.60 Plain 80p Pasta cheese £1.50
Dessert £1.20-£1.50	Hummingbird cake £1.20	Churros cinnamon sponge tray bake £1.20	Vanillia sponge with icing £1.20	Mango pudding with a five spice biscuit £1.20	Doughnut £1.50

Please see the allergen matrix or ask one of our catering staff, they will be happy to help.

Cold food will be available in both Rivers Café and the main Canteen, stocked with wraps, baguettes, sandwiches, fruit pots, pasta pots, vegetable sticks with Houmous, yogurt, etc and daily specials.

Freshly made soup will also be available both break and lunch with a roll or half a toastie. See soup menu for daily options.

Please also see daily special board located in the canteen near the servery line.