

# ORA Lunch Menu – Week 3

| Lunch week 3<br>1.45-2.10        | <b>American diner</b><br><b>Monday</b>                                                                                                                                        | <b>Greek feast</b><br><b>Tuesday</b>                                                                                                                                  | <b>Movie night</b><br><b>Wednesday</b>                                                                                                                                                       | <b>Island heat</b><br><b>Thursday</b>                                                                                                | <b>Street food</b><br><b>Friday</b>                                                                                                            |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Main meal</b><br><b>£2.50</b> | <u>Beef burger</u><br>A classic beef burger with optional cheese, in a white bun with a self service station of lettuce, tomatoes pickles, and burger sauce or tomato ketchup | <u>Chicken souvlaki</u><br><u>skewer</u><br>Marinated chicken skewer with peppers and onion                                                                           | <u>Loaded chilli nachos</u><br>Spicy beef mince with, herbs and spices with kidney beans loaded on nachos<br><u>Hot dog</u><br>Pork sausage in a white bun with optional onions, and ketchup | <u>Caribbean</u><br><u>chicken</u><br>Tender chicken thighs in Caribbean spices, grilled for a bold, fresh, and slightly spicy taste | <u>Chicken burrito</u><br>Marinated chicken with Smokey paprika rice, lettuce, grated cheese and sweet corn, in a soft wrap                    |
| <b>Meat free</b><br><b>£2.50</b> | <u>Vegetable burger</u><br>Crispy vegetable burger in a white bun with a self service station of lettuce, tomatoes pickles, and burger sauce or tomato ketchup                | <u>Spinach feta</u><br><u>Brownie</u><br>Creamy mozzarella, feta and cheddar cheeses mixed with spinach, onions and courgettes baked in the oven for a crispy topping | <u>Loaded chilli nachos</u><br>Spicy Quorn mince with, herbs and spices with kidney beans loaded on nachos<br><u>Cheesy nachos</u><br>Melted mozzarella and cheddar cheese melt on nachos    | <u>Chickpea curry</u><br>Packed coconut spiced curry loaded with chickpeas served with white and brown rice                          | <u>Vegan southern</u><br><u>fried burrito</u><br>Crispy sliced southern fried fillet with rice, vegan cheese, lettuce sweetcorn in a soft wrap |
| <b>Sides</b>                     | Baked wedges<br>Coleslaw<br>Corn on the cob                                                                                                                                   | Greek salad<br>White and brown rice<br>Tzatziki                                                                                                                       | Mixed salad<br>Sweetcorn<br>coleslaw                                                                                                                                                         | Coconut herb<br>rice<br>Pineapple salsa                                                                                              | Salsa<br>Mixed salad<br>Broccoli                                                                                                               |
| <b>Pasta</b>                     | Mac & cheese <b>£1.60</b><br>Plain <b>80p</b><br>Patsa & Cheese <b>£1.50</b>                                                                                                  | Bolognese <b>£1.60</b><br>Plain <b>80p</b><br>Patsa & Cheese <b>£1.50</b>                                                                                             | Carbonara <b>£1.60</b><br>Plain <b>80p</b><br>pasta & Cheese <b>£1.50</b>                                                                                                                    | Tomato <b>£1.60</b><br>Plain <b>80p</b><br>Pasta & Cheese <b>£1.50</b>                                                               | Pesto <b>£1.60</b><br>Plain <b>80p</b><br>Pasta & Cheese <b>£1.50</b>                                                                          |
| <b>Dessert</b>                   | Cheese cake <b>£1.20</b>                                                                                                                                                      | Coconut and lemon cake <b>£1.20</b>                                                                                                                                   | Popcorn mixed bowl <b>£1.50</b>                                                                                                                                                              | light spiced carrot cake <b>£1.20</b>                                                                                                | Mini sugar doughnuts with chocolate dip <b>£1.50</b>                                                                                           |

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.