

# HALL DINNER – MENU MICHAELMAS TERM w/c 12<sup>th</sup> OCTOBER

LUNCH – 12.00PM-2.30PM - HALL

DINNER – (5.00PM- 8.20PM) - HALL

## SPECIAL DIETS

<b>Monday</b>  <b>MEAT FREE MONDAY</b>	Spinach Soup		
	Vegetable Curry Rice Dhal Naan		
	Fruit Salad		
<b>Tuesday</b>	Broccoli, Leek and Pea Soup		
	Spicy Meat Balls in Tomato Sauce Linguini Garlic Courgettes	H: Spicy Meat Balls in Tomato Sauce GF: Pasta	V, VGN: Soya Meatballs with Tomato Sauce
	Eves Pudding		GF,ND: Eve's Pudding
<b>Wednesday</b> <b>Black History Month</b>	Spicy Vegetable, Tomato and Chick Pea Soup [North African Style]		
	Beef and Peanut Stew*** [Domada] Yellow Rice Potato, Corn and Pea Mash	GF: Beef and Peanut Stew ***	V, H: Soya and Peanut Stew *** VGN: Soya and Peanut Stew ***
	Couscous Pudding [Caakiri]		VGN, ND, GF: Mango with Passion Fruit
<b>Thursday</b> <b>Black History Month</b>	Chunky Pumpkin Soup		
	Jerk Chicken Rice and Peas Boiled Sweet Potato		V, H, VGN: Jerk Green Banana and Black Eye Bean Curry
	Jamaican Ginger Cake with Custard		VGN, GF, ND: Sticky Ginger Sponge, Soya Cream
<b>Friday</b>	Vegetable Soup		
	Fish Cakes with Tomato Salsa New Potatoes Caesar Salad	GF: Roast Cod with Tomato Salsa	V, VGN: Cashew Nut Falafel with Tomato Salsa***
	Chocolate Sponge with Chocolate Sauce		VGN, GF: Chocolate Sponge with Chocolate Sauce
<b>Saturday</b>	French Onion Soup		
	Beef Bourguignon Mashed Potatoes Green Beans		V, VGN, H: Mushroom Bourguignon
	Apple Pie		VGN, ND, GF: Apple Pie
<b>Sunday</b>	Tomato Soup		
	Roast Chicken with Stuffing and Chipolata Gravy (GF: Jus) Roast Potatoes Carrot and Peas	H: Roast Chicken with Stuffing	V: Leek, Parsnip and Stilton Tart VGN: Leek, Parsnip and Tart
	Bread and Butter Pudding		GF,ND,VGN: Coconut Bread and Butter Pudding

Sunflower spread is available instead of butter

\*\*\* Contains Tree, peanut or Ground Nuts Marquee Bar is open 17.00 – 19.00 last orders Monday - Saturday.

KEY: \*\*\* & red text: Contains Tree, peanut or Ground Nuts, V: Vegetarian, VGN: Vegan, GF: Gluten Free, ND: No dairy, H: Halal

Please note that this menu is for guidance only. Please read the daily allergen information sheet posted outside the Hall for more details. Dietary alternatives are provided for those who have requested them in advance and produce their dietary card at dinner. Cheeses may be unpasteurised. Genetically modified food is excluded. Some menu items contain allergenic ingredients, please see the daily detailed allergen sheet for more information. There is a small risk that traces of allergens may be in other dishes or foods. If you have such an allergy, or other dietary needs, IT IS YOUR RESPONSIBILITY to bring your dietary requirements to the attention of the Duty Manager or service staff.

## **Black History Month**

As part of Christ Church's Black History Month celebrations, food of African or Caribbean origin will be served two days a week in hall over the month of October. This week the chefs are making Domada, which is a peanut and tomato-based stew and the Gambian national dish. Caakiri is a couscous pudding popular throughout West Africa and is often sold by street food vendors. Caakiri is made with sour cream, evaporated milk and nutmeg. On Wednesday the chefs are making jerk chicken and Jamaican ginger cake. The style of cooking jerk chicken goes back over 2500 years, to the Arawak Indians who settled in Jamaica.