

**CATERING DEPARTMENT**

**Cultural and Religious Menu**

**Caribbean / West Indian**

<b>Meal choice</b>	<b>Diet Code</b>
Fried Chicken, Rice & Peas	D, MS
Chicken Curry & White Rice	D, LF
Brown Stew Chicken, Rice & Peas	D
Brown Stew Lamb, Rice & Peas	D, LF
Curry Mutton & White Rice	D
Jerk Chicken, Rice & Peas	D
Ackees & Saffron & White Rice	D
Callaloo & Saffron & White Rice	D, LF, GF
Fried Hake Fish & White Rice	D
Steamed Cod Fish & White Rice	D, GF
Ackees & Saffron, Yam & Sweet Potato	D
Callaloo & Saffron, Yam & Sweet Potato	D, LF
Fried Red Snapper, Yam & Sweet Potato	D, LF
Brown Stew Beef, Yam & Sweet Potato	D



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**Kosher**

<b>Meal choice</b>	<b>Diet Code</b>
Roast Chicken in Gravy	D, LF
Chicken Schnitzel	D, LF
Sliced Beef in Gravy	D, MS
Beef Goulash	D
Sliced Lamb in Gravy	D
Shepherd's Pie	D, MS
Spaghetti Bolognaise	D
Fried Haddock	D
Fried Cod	D, MS
Grilled Plaice	D, LF, R
Poached Plaice	D, LF
Poached Salmon	D
Tomato Omelette	D, V
Spaghetti Neapolitan	D, LF, R, MS, V



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**Asian Halal – Meat / Fish**

Meal choice	Diet Code
Chicken Dal with Kadai Vegetables & Saag Pulao	D, LF, GF
Coconut Fish with Saag Chhole & Pulao Rice	D, LF, GF
Mutton with Red Kidney Beans with Alu Matar & Basmati Rice	D, LF, GF
Keema Chana with Aubergine Potato & Pulao Rice	D, GF
Chicken Tikka Masala with Rajasthani Dal & Saffron Rice	D, LF
Fish Curry with Split Masoor Dal & Saag Pulao	D, LF, GF
Chicken with Chhole with Aubergine Potato & Pulao Rice	G



**Asian Halal – Vegetarian**

Meal choice	Diet Code
Corn Peas and Potato with Chana Dal & Basmati Rice	D, LF, GF, V, VG
Aubergine Potato with Kadhi & Khichadi	D, GF, V
Alu Gobi with Kadhi & Khichadi	D, GF, V
Mixed Capsicum Potato with Whole Moong Dal & Jeera Rice	D, LF, GF, V, VG
Methi Paneer with Mixed Dal & Basmati Rice	D, LF, GV, V



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### Dietary code information

<b>D</b> <b>(Diabetic Diets)</b>	Suitable for diabetics. In accordance with Diabetes UK, small amounts of sugar are permitted as part of a healthy diet. Diabetic desserts can contain up to 5g of added sugar per portion (to improve flavour and texture).
<b>LF</b> <b>(Lower Fat Diet)</b>	These meals contain less than 15g of fat per portion and desserts less than 5g of fat per portion.
<b>R</b> <b>(Reducing Diet)</b>	Can help reduce weight when used as part of a calorie controlled diet. Meals contain less than 320 calories, desserts less than 75.
<b>MS</b> <b>(Moderate Salt Diet)</b>	Meals marked with this symbol contain less than 1.5g of salt, and desserts contain less than 0.4g of salt.
<b>GF</b> <b>(Gluten Free)</b>	For those who need to avoid the gluten found in wheat, rye, barley and oats or the flours made from these cereals.
<b>V</b> <b>(Vegetarian)</b>	Free from meat/meat derivatives and fish/fish derivatives. May contain dairy products such as milk, cheese or eggs.
<b>VG</b> <b>(Vegan)</b>	As above, with no dairy products