



# Catered Accommodation Sample Menus



University  
of Exeter

[exeter.ac.uk/study/  
accommodation/choose/catered](https://exeter.ac.uk/study/accommodation/choose/catered)



## Dinner Sample Menus

Dinner is available Monday to Sunday 5.30pm – 7.30pm.  
Have a look at our sample menus below.

### Monday

Pad Thai  
Tomato and Halloumi Bake  
Sweet and Sour Chicken  
Pork and Leek Sausage  
and Onion Gravy  
—  
Boiled Rice  
Creamed Potatoes  
Chinese Spiced Carrots  
Baby Corn

### Tuesday

Winter Vegetable Hot Pot  
Chipotle Tacos  
Honey and Garlic Pork Steak  
Jerk Spiced Chicken Leg  
—  
Mashed Potato  
Spicy Wedges  
Whole Green Beans  
Cumin Roasted Parsnips

For more information visit  
[exeter.ac.uk/study/  
accommodation/choose/catered](https://www.exeter.ac.uk/study/accommodation/choose/catered)

For any catering-related enquiries  
contact [csmarketing@exeter.ac.uk](mailto:csmarketing@exeter.ac.uk)

### Friday

Butternut Squash Spinach  
and Vegan Feta Pasty  
Smokey Quorn Chilli Nachos  
Battered Fillet of Haddock  
Chicken Fajitas  
—  
Sweet Potato Fries  
Minted New Potatoes  
Spiced Sweetcorn Nibs  
Peas



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There is a fresh salad bar daily alongside main and side options.

### Wednesday

Squash and Mushroom Casserole  
with Chimichurri  
Empanada  
Choripán Hotdog  
Grilled Chicken  
—  
Coriander and Onion Rice  
Black Pepper Fries  
Chargrilled Courgette  
Mini Corn Cobs

### Thursday

Apricot and Chickpea Tagine served  
with Flatbread  
BBQ Jackfruit Naan Bread Pizza  
Chicken and Chorizo Risotto  
Cheeseburger in a Brioche Bap  
with Battered Onion Rings  
—  
Black Pepper Fries  
Garlic Bread  
Thyme Roasted Carrots  
Broccoli

### Saturday

Singapore Vegetable  
Stir Fry  
Cuban Stuffed Pepper  
Pork and Pepper Nasi Goring  
Turkey Steak with BBQ Sauce  
—  
Noodles  
Chipotle Lime Potatoes  
Black Beans  
Roasted Courgettes

### Sunday

Aubergine and Caper  
Pasta Sauce  
Quorn Sausage served in  
a Yorkshire Pudding  
Roasted Chicken  
Spaghetti Bolognese  
—  
Roast Potatoes  
Carrots  
Sliced Green Beans  
Braised Red Cabbage

## Breakfast Sample Menus

Hot and cold breakfast: Monday to Friday 7.30am – 9.30am.

Continental breakfast: Saturday 8am – 10.30am and Sunday 8.30am – 10.30am.

Weekend brunch: Saturday and Sunday 11am – 1pm.

### Cold breakfast

A wide selection of cereals – including gluten-free options.

Chilled whole, semi-skimmed, skimmed, oat and soya milk.

Fresh fruit, including: apples, pears, bananas, oranges and seasonal fruits.

Granola bar with toppings, including: natural yogurt, strawberry yogurt, fruit compote and peach slices.

### Hot breakfast

Cooked items, including: grilled back bacon, local pork sausages, vegetarian sausage, grilled tomatoes, baked beans, mushrooms, hash browns and a choice of fried, scrambled or boiled free-range eggs.

Porridge / gluten-free porridge.

A selection of white, brown and gluten-free toast and preserves.

Daily 'guest items' which include: Danish pastries, waffles, American pancakes and filled croissants.

A selection of tea, fruit juice, coffee and Fairtrade hot chocolate.

### Weekend breakfast and brunch

Continental breakfast selection, including: an assortment of popular cereals, fruit and yogurts, various pastries and toast.

Weekend brunch includes Full English breakfast consisting of: pork and vegetarian sausages, grilled bacon, grilled tomatoes, baked beans, mushrooms, fried or scrambled eggs and hash browns.

Jacket potatoes and salad bar with several protein dishes.

A selection of tea, coffee and fruit juice.

Vegetarian and vegan options are available within the breakfast and brunch services. Two vegetarian choices are available at every dinner service, at least one of which is vegan. Our Catering Team are happy to help if you'd like to discuss any special dietary requirements.

The University of Exeter makes every attempt to identify ingredients that may cause an allergic reaction to those with food allergies. However, there is always a risk of contamination as in our food preparation areas we use products such as **milk, eggs, gluten, fish, crustaceans, molluscs, peanuts, other nuts, sulphites, sulphur dioxide, sesame seeds, celery, mustard, lupin and soya.**

Although we have strict cross contamination practices and policies in place, we cannot guarantee a total absence of these products in any of our dishes. Customers with food allergies must be aware of this risk. The University of Exeter will not assume any liability for an adverse reaction to the food or drink that it has provided.