



SAMPLE MENU

The canteen at St Mary's University runs according to a points system. Each student has an allocation of seven points for each meal. Menus are available in advance so students can plan their meals if they wish. Seven points is a generous allocation and this means that students have a lot of choice at every meal. An idea of what students can 'buy' with their seven points is listed in the table opposite.

Students can only go through the servery once per meal so must take all the food and drink they want at the same time. Points cannot be carried over to other meals. For example, you cannot take 5 points at breakfast and then 9 points at lunch. Students cannot choose more than one main course per meal.

Students must be wearing their LAL lanyards with their LAL student ID cards in order to be given their points. If you do not have your card the staff in the canteen will ask you to pay for your meal.

Seven points provides for a large meal, but if students want even more food, this is fine. Any meal points over the entitlement of seven points per person will be charged and guests can pay in cash at the tills in the canteen.

BREAKFAST	POINTS	LUNCH & DINNER	POINTS
Cereal with Milk	1	Soup	1
Fresh Fruit: Apple/Banana		Bread Roll & Butter	
Croissant/Danish Pastry		Main Course	3
Yoghurt		Pizza (Half)	
Toast (2 pieces with jam & butter)		Meat/Vegetable Pie	
Egg		Jacket Potato with Filling	1
Hash Browns		Chips/Potato Accompaniment	
Baked Beans		Vegetable Accompaniment	
Bacon (2 rashers)		Salad	2
Sausages (2)		Dessert	
Regular Orange Juice		Fresh Fruit: Apple/Banana	1
Regular Tea/Coffee		Regular Orange Juice	

WEEKS 1 & 3

		MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	FULL ENGLISH	Eggs, Hash Browns, Baked Beans, Bacon, Sausages						
	CONTINENTAL	Cereal, Fresh Fruit, Croissants, Danish Pastries, Pancakes with Syrup, Yoghurt, Toast with Jam & Butter						
	DRINKS	Orange Juice, Tea, Coffee						
LUNCH	MAIN COURSES	Minute Steak	Chicken Drummers	Pork Meatballs	Mediterranean Chicken	Saveloy Sausage	Chilli con Carne	Butterfly Chicken
		Hake	Scampi	Smoked Haddock	Fish Fingers	Battered Fish & Tartar Sauce	Pangasius	Battered Fish Goujons
		Southern Fried Quorn Fillet	Vegetable Lasagne	Thai Vegetable Stir Fry	Vegetable Spring Rolls	Cauliflower & Broccoli Cheese	Spinach & Ricotta Pasta Bake	Vegetable Kiev's
	SIDES	Buttered New Potatoes	Herby Diced Potatoes	Potato Wedges	Sautéed New Potatoes	Mini Roast Potatoes	New Potatoes	Boiled Potatoes
		Green Beans	Spring Vegetable Medley	Mixed Vegetables	Breaded Mushrooms	Mushy Peas	Romano Mix	Corn on the Cob
		Carrots	Peas	Broccoli	Sweetcorn	Baton Carrots	Broccoli	Roasted Courgettes
	SAUCES	Tomato Sauce	Roasted Pepper Sauce	Tomato Sauce	Spicy Tomato Sauce	Roasted Pepper Sauce	Tomato Sauce	Tomato Sauce
		Creamy Caper Sauce	Barbecue Sauce	Butter Sauce	Sweet Chilli Sauce	Curry Sauce		Pesto
		Pesto	Arrabiata Sauce	Pesto	Creamy Mushroom			
	DESSERT	Marble Sponge	Apple Crumble	Rice Pudding	Apple & Blackberry Strudel	Chocolate Brownie	Waffles	Syrup Sponge
DINNER	MAIN COURSES	Lemon & Herb Chicken	Beef Burger	Beef Lasagne	Lamb Kebab	Chicken Hut	Breaded Chicken Escalopes	Roast Lamb
		Salmon Nuggets	Falafel Burger	Baked Cod		Pizza	Smoked Haddock	
		Mushroom Ravioli	Cajun Chicken Burger	Halloumi & Vegetable Kebabs	Prawn Risotto	Jacket Potatoes & Fillings	Sweet Potato & Red Lentil Dhal	Tuna Fish Cakes
	SIDES	Parmentier Potatoes	Sweet Potato Fries/Chips	Noisette Potatoes	Garlic & Herb Potatoes	Sautéed Potatoes	New Potatoes	Roast Potatoes
		Cauliflower Gratin	Mixed Vegetables	Onion Rings	Spring Vegetable Medley	Garlic Mushrooms	Peas	Sautéed Cabbage
		Sweetcorn	Green Beans	Roasted Peppers	Curly Kale	Red Cabbage	Corn on the Cob	Carrots
	SAUCES	Tomato Sauce	Roasted Pepper Sauce	Tomato Sauce	Spicy Tomato Sauce	Tomato Sauce	-	Tomato Sauce
		Creamy Caper Sauce	Barbecue Sauce	Butter Sauce	Sweet Chilli Sauce	Bacon & Mushroom Sauce		Pesto
		Pesto	Arrabiata	Pesto	Creamy Mushroom Sauce			
	DESSERT	Coconut Sponge	Crêpes	Cherry Sponge	Pear Crumble	Jam Swirl Sponge	Muffins Fruit Bowl	Mixed Fruit Crumble

Please note that this menu is a sample only, giving an example of the kind of food students can expect at LAL London Summer School. The final menu in summer 2018 will differ slightly to this as the catering teams use fresh, seasonal ingredients and work to enhance the menus for international students each summer.



SAMPLE MENU

WEEKS 2 & 4

		MON	TUE	WED	THU	FRI	SAT	SUN	
BREAKFAST	FULL ENGLISH	Eggs, Hash Browns, Baked Beans, Bacon, Sausages							
	CONTINENTAL	Cereal, Fresh Fruit, Croissants, Danish Pastries, Pancakes with Syrup, Yoghurt, Toast with Jam & Butter							
	DRINKS	Orange Juice, Tea, Coffee							
LUNCH	MAIN COURSES	Sticky Bacon Chop	Lemon & Pepper Chicken	Beef Chow Mein	Lamb Meatballs	Saveloy Sausage	Pork Belly	Beef Bolognese	
		Poached Salmon	Cod	Grilled Pollock		Battered Fish & Tartar Sauce			
		Vegetable Cakes	Vegetable Samosa	Three Bean Chilli & Cheesy Potato Skins	Pan-fried Tuna	Spicy Courgette Risotto	Hake	Haddock	
	SIDES	Potato Wedges	Mashed Potato	New Potatoes	Parmentier Potatoes	Roasted New Potatoes	Noisette Potatoes	Boiled Potatoes	
		Corn on the Cob	Sautéed Cabbage	Mixed Vegetables	Spring Medley	Mushy Peas	Curly Kale	Green Beans	
		Broccoli	Carrots	Courgettes	Roast Peppers	Cauliflower Cheese	Carrots	Red Cabbage	
	SAUCES	Creamy Parsley Sauce	Yoghurt & Mint Dip	Pesto	Tomato & Basil Sauce	Curry Sauce	Tomato Sauce	Tomato Sauce	
		Soy & Honey Sauce	Tomato Sauce	Tomato Sauce		Tartar Sauce			
		Tomato Sauce	Roasted Pepper Sauce	Onion Gravy	Sweet Chilli Sauce	Roasted Pepper Sauce			Pesto
	DESSERT	Chocolate Chip Sponge	Treacle Tart	Jam & Coconut Sponge	Apple & Blackberry Crumble	Eve's Pudding	Chocolate Rice Pudding	Mixed Fruit & Custard	
	DINNER	MAIN COURSES	Beef Macaroni Bake	Spare Ribs	Piri Piri Chicken Legs/Wings	Beef Stroganoff	Chicken Hut	Butterfly Chicken	Roast Gammon
			Baked Haddock	Hoki			Pizza	Hake	
Potato & Spinach Curry			Cheese & Tomato Pizza Boats	Red Snapper	Fish Burger	Jacket Potatoes & Fillings	Stuffed Mushrooms	Cod	
SIDES		Herby Diced Potatoes	Sautéed Potatoes	Noisette Potatoes	Potato Wedges	Mashed Potato	Sliced Tomatoes	Roast Potatoes	
		Roasted Peppers	Onion Rings	Green Beans	Sautéed Leeks	Peas	Sliced Cucumber	Parsnips	
		Peas	Romano Mix	Corn on the Cob	Carrots	Sweetcorn	Coleslaw	Cauliflower	
SAUCES		Parsley Sauce	Cajun Sauce	Pesto	Sweet Chilli Sauce	Tomato Sauce	-	Tomato Sauce	
		Soy & Honey Sauce	Barbecue Sauce	Tomato Sauce	Tomato & Basil Sauce	Bacon & Mushroom Sauce		Pesto	
		Tomato Sauce	Spicy Tomato Sauce						
DESSERT		Apple Pie	Chocolate Sponge	Peach & Apricot Strudel	Crêpes with Nutella	Banana Fritters	Waffles	Pineapple Upside Down Cake	
							Fruit Bowl		

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