Bournemouth University International College

LANSDOWNE POINT

Breakfast

Breakfast drinks	Cereals (all served with skimmed or semi-skimmed milk)	Bread basket	Pastries	Traditional Breakfast items	Breakfast specials and brunch - tasters
Filter Coffee	Rice Krispies	Wholemeal toast	Croissant	Quorn sausages	Kedgeree
Fruit Tea	Special K	White toast	Pain au chocolat	Pork sausages	Potato and cheddar hash
Breakfast Tea	Weetabix	Jams and marmalade	Pain au raisin	Turkey halal rashers	Omelettes
Orange Juice	Bran Flakes	Marmite	Pecan danish	Back bacon	Smoked kippers
Apple Juice	Cornflakes	Honey		Scrambled eggs	
Grapefruit Juice	Shredded Wheat	Maple flavoured syrup		Poached eggs	
	Hot Porridge			Baked Beans	
				Sautéed mushrooms	
				Plum tomatoes	
				Fruit salad	
				Yoghurt	

Please note: this is a sample menu. Dishes change daily, with halal and vegetarian options available every day.

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Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Fresh soup, bread and butter	**Mushroom with chive crème fraiche**	**Roasted red pepper, tomato with coriander**	**Mushroom with a chive crème fraiche**	**Butternut squash and parsnip with a touch of cumin**	**Vietnamese noodle with a chilli kick**
World food (v)	**Malay spice sayor lodeh** Spiced vegetable curry with butternut squash, coconut cream and lemon grass, served with a sticky Malaysian coconut rice	**Falafel and hummus** Homemade falafel and rustic hummus served with pickled red cabbage and Greek yoghurt, in a griddled warm pitta and fresh Greek feta salad	**Frittata** Sweet potato frittata with tomato and chilli pilacca possata and caprese salad	**Hindu chana saag palak** Lentils and pulses with fresh spinach, mango and masala spices served with pilau rice and chota naan	**Paella** Vallencian vegetable and quorn paella with alcahofas tapas (Artichokes)
Oven lover	**Chicken shawarma kebab** in a pitta with cool dips and fresh salads	**Fish stew** Oven braised Catalan fish stew with fennel and saffron aioli	**Roast chicken** Lemon and garlic basted chicken leg with a celeriac and potato boulanger	**Hand carved glazed gammon** with scorched pineapple and maple jus	**Tandoor chicken** Tandoori spiced chicken skewer with riata and achaar pickled carrot and chilli salad
Favourites	**Smoked haddock and spring onion fish cakes** with lemon crème fraiche and dressed watercress salad	**Lasagne al forno** with tomato and basil salad	**Braised beef brisket** in a rich tomato, olive and chilli sauce	**Lamb moussaka** with crispy aubergine and cream cheese topping	**Miso pollack** with cucumber and spring onion salad

A selection of fresh seasonal vegetables, potatoes, pasta, or rice dishes available daily

Fresh, simple salads

Cucumber, tomato, mixed lettuce, lentils, chick peas, kidney beans, French dressing, extra virgin oil, caesar dressing, balsamic vinegar, honey and whole grain mustard, and Caribbean dressing

Jacket potatoes

with a selection of fillings including chilli, tuna mayo, baked beans and coleslaw

Chilled desserts

Freshly-cut fruit salad, yoghurts, coulis and homemade chilled sweets of the day

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Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday
Fresh soup, bread and butter	**Celery and stilton** with a caraway seed bread	**Spicy parsnip** with a cucumber raita	**Chilled gazpacho** with balsamic vinegar	**Minestrone** with parmesan crostini	**Carrot and coriander** with herb croutons
World food (v)	**Cantonese stir-fried vegetables** with black beans, pak choi, toasted sesame and egg noodles	**Quorn 'toad in the hole'** with a caramelised red onion jus	**Meat-free skewers** of button mushrooms, bell peppers, courgette and red onion in a Moroccan marinade with humus and pitta	**Chilli corn chalupa** with refried beans, tomato salsa, sour cream and guacamole	**Aubergine parmigiano** with roasted garlic potatoes and spinach pesto
Bistro	**Hot piri piri roasted half chicken** with red pepper, sun flower seed and mustard slaw	**Broccoli and Cropwell Bishop stilton tart** with crispy bacon and watercress salad	**Prime ground beef burgers** in a brioche bap with a pique ketchup	**Roasted chicken Leg** with field mushroom and tarragon veloute, herb potato cake and sautéed savoy cabbage	**Caribbean beef stew** with split pea roti and hot sauce
Grill and pasta club	**Egyptian lamb** with egg plant, served on al dente pasta ribbons	**Grilled cod** served in a light coconut and lime curry sauce	**Texan sticky BBQ baby back ribs** with crispy onion rings and griddled corn on the cob	**Cajun spiced grilled salmon** with goats cheese, wilted spinach and fresh lemon, served with toasted ciabatta	**Italian chicken arabbiata** with penne pasta and a selection of fresh herb toppings and oils
A selection of fresh seasonal vegetables, potatoes, pasta, or rice dishes available daily					
Salad stall	**Caesar salad** And a selection of mixed salads	**Baby beetroot, walnut and pear** And a selection of mixed salads	**Giant couscous with mint and lemon** And a selection of mixed salads	**Thai cucumber and paw paw with coconut** And a selection of mixed salads	**Italian panzanella salad of bread and tomatoes** And a selection of mixed salads
Jacket potatoes	**Vegetable chipotle** And a selection of other fillings including: chilli, tuna mayo, baked beans and coleslaw	**Quorn bolognaise** And a selection of other fillings including: chilli, tuna mayo, baked beans and coleslaw	**Creamy corn and peppers** And a selection of other fillings including: chilli, tuna mayo, baked beans and coleslaw	**Vegetable chilli** And a selection of other fillings including: chilli, tuna mayo, baked beans and coleslaw	**Sweet and sour vegetables** And a selection of other fillings including: chilli, tuna mayo, baked beans and coleslaw
Chilled desserts	**Tiramisu pot** Or freshly-cut fruit salad and seasonal fruit tarts with cream	**Lemon cheesecake** Or freshly-cut fruit salad and seasonal fruit tarts with cream	**Egg custard tart** Or freshly-cut fruit salad and seasonal fruit tarts with cream	**Chocolate mousse pot** Or freshly-cut fruit salad and seasonal fruit tarts with cream	**Crème brûlée** Or freshly-cut fruit salad and seasonal fruit tarts with cream

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