



CHEL TENHAM
COLLEGE

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Food



Nutrition

BREAKFAST

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Items	Bacon Turkey bacon Vegan bacon Baked beans Hash Browns	Gluten free Pork sausage Chicken sausage Veggie sausage Plum Tomatoes Mushrooms	Bacon Turkey bacon Vegan bacon Baked beans Mushrooms	Gluten free Pork sausage Chicken sausage Veggie sausage Baked beans Potato waffles	Bacon Turkey bacon Vegan bacon Plum tomatoes Mushrooms	Gluten free Pork sausage Chicken sausage Veggie sausage Mushrooms Baked beans	Toasted English muffin Pork sausage patty Grilled English back bacon Grilled chicken sausage Vegan sausage patty Rosti bites Baked beans Panfried mushrooms Grilled tomato
Eggs	Poached eggs Boiled eggs	Scrambled eggs Boiled eggs	Fried eggs Boiled eggs	Poached eggs Boiled eggs	Scrambled eggs Boiled eggs	Fried eggs Boiled eggs	Scrambled eggs Boiled eggs
Daily Specials	Pain au choc	Toasted spiced fruit teacakes	Crepes and American pancakes Chocolate orange hummus Maple syrup Sugar and fresh lemons	Croissants	Toasted crumpets Toasted crumpets with cheese	Cinnamon rolls	Croissants
Daily Breakfast Items	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Smoothie bowls & toppings Toasting station with selection of bread

BREAKFAST

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Items	Bacon Turkey bacon Vegan bacon Mushrooms Plum tomatoes	Gluten free Pork sausage Chicken sausage Veggie sausage Mushrooms Baked beans	Bacon Turkey bacon Vegan bacon Baked beans Hash browns	Gluten free Pork sausage Chicken sausage Veggie sausage Plum tomatoes Baked beans	Bacon Turkey bacon Vegan bacon Baked beans Mushrooms	Gluten free Pork sausage Chicken sausage Veggie sausage Baked beans Potato waffles	Toasted English muffin Pork sausage patty Grilled English back bacon Grilled chicken sausage Vegan sausage patty Hash browns Baked beans Panfried mushrooms Grilled tomato
Eggs	Scrambled eggs Boiled eggs	Poached eggs Boiled eggs	Fried eggs Boiled eggs	Scrambled eggs Boiled eggs	Poached eggs Boiled eggs	Scrambled eggs Boiled eggs	Scrambled eggs Boiled eggs
Daily Specials	Mini chocolate & blueberry muffins	Toasted crumpets Toasted crumpets with cheese	Pain au chocolat	Apple lattice	Bagels Cream cheese & salami Cottage cheese & pineapple	Croissants	Chocolate twist
Daily Breakfast Items	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Smoothie bowls with toppings Toasting station with selection of bread

BREAKFAST

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Items	Gluten free Pork sausage Chicken sausage Veggie sausage Baked beans Potato waffles	Bacon Turkey bacon Vegan bacon Plum tomatoes Mushrooms	Gluten free Pork sausage Chicken sausage Veggie sausage Mushrooms Baked beans	Bacon Turkey bacon Vegan bacon Baked beans Hash browns	Gluten free Pork sausage Chicken sausage Veggie sausage Mushrooms Plum tomatoes	Bacon Turkey bacon Vegan bacon Baked beans Mushrooms	Toasted English muffin Pork sausage patty Grilled English back bacon Grilled chicken sausage Vegan sausage patty Hash browns Baked beans Panfried mushrooms Grilled tomato
Eggs	Poached eggs Boiled eggs	Fried eggs Boiled eggs	Scrambled eggs Boiled eggs	Poached eggs Boiled eggs	Fried eggs Boiled eggs	Scrambled eggs Boiled eggs	Scrambled eggs Boiled eggs
Daily Specials	Croissants	Toasted crumpets Toasted crumpets with cheese	Chocolate twist	Vanilla matcha with oat milk Overnight Weetabix & fruit puree Overnight blueberry oats	Belgium waffles Chocolate sauce Fruit compote	Crepes and American pancakes Chocolate orange hummus Maple syrup Sugar and fresh lemons	Pain au chocolate
Daily Breakfast Items	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings Toasting station with selection of bread	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Smoothie bowls with toppings Toasting station with selection of bread



LUNCH

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Miso Vegetable broth	Pea & mint	Curried Lentil	White bean, spinach & Kale	Tomato & basil soup	Mushroom & tarragon	Brunch
Main Meals	Portuguese grilled Piri Piri chicken breast (Charred chicken in a chilli-based marinade)	Classic British Shepherd's pie (Minced lamb in rich gravy with carrots & peas, topped with fluffy mashed potatoes)	Spanish style chicken, red pepper & butterbean stew (Hearty stew with paprika and garlic flavours)	Lasagne al forno (Beef lasagne) (Italian dish made of stacked layers of lasagna alternating with beef ragù, béchamel sauce, cheese, and seasoning.)	Breaded fish with homemade tartare sauce (A mild, flaky white fish coated in a golden, crispy breadcrumb crust. Oven-baked for a healthier twist, this sustainably sourced pollock is a tasty and nutritious option, perfect for a balanced lunch.)	Meatballs in tomato sauce with wholemeal penne pasta (Meatballs in rich tomato sauce, served with penne pasta)	
	Keralan Fish Curry (Fresh fish simmered in a fragrant coconut and tomato curry with traditional Kerala spices, curry leaves, and a hint of tamarind for a rich, aromatic finish.)	Pork Noodles in black bean sauce (Pork strips in a sauce consisting of fermented black beans, garlic, ginger, soy sauce and Chinese vinegar. Served with noodles.)	Rigatoni sausage bake (A rich and satisfying oven-baked pasta dish featuring tender rigatoni, sausage, and tomato sauce, all topped with a generous layer of melted mozzarella and Parmesan cheese.)	Kale & butternut squash creamy risotto (A vegetarian risotto made with roasted butternut squash and fresh kale, gently cooked with arborio rice in a savoury vegetable stock. Finished with a splash of cream and a sprinkle of Parmesan for a rich, velvety finish. Packed with flavour and seasonal goodness)	Fajita Chicken Pasta bake (Aromatic flavours of a classic Mexican fajita, combine with chicken & pasta.)	Tuna melt panini (bar marked panini, filled with tuna mayonnaise and melted cheddar cheese)	
	Mexican Black bean & mushroom chilli (Roasted mushrooms & black turtle beans in a Mexican style spicy tomato sauce)	Root vegetable Shepherd's pie (Roasted root vegetables & adzuki beans in a rich gravy, topped with creamy garlic mashed potatoes)	Tortilla de patatas (A traditional Spanish tapa, made with potatoes, onions & eggs)	Roasted vegetable & butternut squash lasagne (Roasted peppers, mushrooms & courgettes with lentils in a tomato sauce. Layered between sheets of butternut squash, topped with a rich plant-based cream cheese sauce.)	Falafel & spinach quarter pounder burger. (Mild spiced middle eastern style burger, with crisp iceberg lettuce and minted mayonnaise served in a vegan brioche bun)	Plant based Meatballs in tomato sauce & wholemeal penne pasta (Plant based vegan meatballs, in a rich tomato sauce, served with pasta)	
Sides & Accompaniments	Coriander rice Peas & sweetcorn Green beans	Rustic potatoes with chive butter Savoy cabbage Seamed carrots Peas	Yellow vegetable rice Steamed kale Garlic & thyme panfried mushrooms Sweetcorn	Garlic ciabatta bread Peas & sweetcorn Broccoli	Traditional chips Mushy peas Baked beans	Rosemary focaccia bread Garlic roasted broccoli, peppers, courgette and aubergine	
Desserts	Beetroot brownie & Cream Fruit Yoghurt Fresh Fruit	Rice pudding strawberry compote Blueberry fool Fruit Yoghurt Fresh Fruit	Chocolate traybake with crushed Malteser topping Berry Jellt & custard Fresh fruit	Traditional Flapjack Orange jelly with mandarin pieces Fresh fruit	Banoffee Bread & Butter pudding with custard Tiramisu Pots Fruit Yoghurt Fresh Fruit	Brookie Fruit smoothie Fresh fruit	



LUNCH

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Tuscan bean & Vegetable	Tomato & Pepper	Minestrone	Winter Vegetable	Chilli & Butternut Squash	French Onion	Brunch
Main Meals	Katsu curry (Crunchy crumbed fried chicken, with a Japanese style sweet curry sauce)	Cumberland sausage ring & onion gravy (Chunky coarse cut pork sausage seasoned with black pepper & herbs, coiled into a traditional ring) Chicken sausage	Lancashire Hotpot (Slow cooked tender chunks of lamb, in a rich gravy with carrots & onions, topped with thyme glazed slices of potato)	Hungarian beef Goulash & sour cream (Tender pieces of beef, with root vegetable & red peppers, in a rich broth heavily seasoned with smoky paprika, finished with a glob of sour cream.)	Crunchy baked breaded fish with homemade tartare sauce ((A mild, flaky white fish coated in a golden, crispy breadcrumb crust. Oven-baked for a healthier twist, this sustainably sourced pollock is a tasty and nutritious option, perfect for a balanced lunch.)	Wholemeal pasta bolognaise (Ground beef slow cooked in onions, tomatoes & garlic, giving a rich sauce served with pasta, and parmesan cheese.)	
	Fusilli in creamy tomato & spinach sauce (Pasta, coated in a mascarpone tomato & spinach sauce.)	Fragrant lemongrass & coconut chicken stir fry with rice (Thai inspired chicken & oriental vegetable stir - fry)	Mac & cheese (Macaroni pasta, in a creamy rich cheddar cheese sauce, topped with parmesan, and crispy fried onions)	Tandoori roasted chicken with mint yoghurt (Spicy, marinated roast chicken served with a cool mint yoghurt dip.)	Chip shop battered sausage (Pork sausage, covered in crisp "Cheltenham college" own recipe batter)	Fish Pie (Pollock, smoked haddock & prawns in a cream & dill sauce, topped with buttery mashed potatoes.)	
	Plant based chicken Katsu curry (Crunchy crumbed fried plant-based chicken, with a Japanese style sweet curry sauce)	Glamorgan sausage (A traditional Welsh vegetarian sausage made with leeks, mature cheese, and breadcrumbs, lightly seasoned and pan-fried until golden. Crispy on the outside and soft on the inside.)	Aubergine, tomato & falafel skewer with lemon tahini sauce (Layers of aubergine, tomato, & mildly spiced falafel, skewered together, drizzled in a fresh lemon and nutty flavoured tahini dressing)	Butterbean, olive & aubergine cassoulet (Hearty one-pot stew with aubergines soaking up the flavours of oregano and cinnamon.)	Penne pasta in tomato & mascarpone sauce topped with parmesan (Penne tossed in a rich tomato and mascarpone sauce. Finished with a sprinkle of Parmesan for added flavour.)	Quorn bolognaise with penne pasta (Vegetarian mince in a rich bolognaise sauce with mushrooms, served with pasta)	
Sides & Accompaniments	Sticky rice Stir-fry oriental style vegetables	Creamy mashed potato Broccoli Carrots & peas	Steamed new potatoes coated in thyme infused oil Ginger roasted courgettes Steamed carrots	Wild rice Roasted cauliflower Steamed kale Carrots	Traditional chips Mushy peas Baked beans Curry sauce	Garlic ciabatta bread Medley of Mediterranean roasted vegetables	
Desserts	School Cake Pumkin pie chai pudding Mousse Fresh fruit	Chocolate crunch with strawberry custard Mango Fool Ginger Cake Fresh fruit	Frosted carrot cake Fruit Yoghurt Fresh fruit	Caramel apple crumble & custard College Mess Fruit yoghurt Fresh fruit	Custard cream blondie Berry layered Yoghurt Fresh fruit	Chocolate orange cake with chocolate sauce Fruit smoothie Raspberry yoghurt Fresh fruit	



LUNCH

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Creamy Cauliflower	Leek & Potato	Super Green	French Onion	Roasted Tomato & Basil	Carrot & Coriander	Brunch
Main Meals	Slow cooked beef pie with cheddar mash <i>(Tender pieces of beef cooked slowly in rich gravy with root vegetables, topped in cheddar cheese mashed potato.)</i>	Parmesan chicken, ratatouille traybake <i>(Chicken breasts, roasted with red peppers, onions, courgettes, aubergines & tomatoes, with a crunchy parmesan topping)</i>	Moroccan lamb & chickpeas <i>(Slow cooked pieces of lamb, cooked in warming, Moroccan spices.)</i>	Creamy chicken & leek Pie <i>(succulent chunks of chicken in a creamy leek sauce, topped with light flaky pastry)</i>	Breaded fish with homemade tartare sauce <i>((A mild, flaky white fish coated in a golden, crispy breadcrumb crust. Oven-baked for a healthier twist, this sustainably sourced pollock is a tasty and nutritious option, perfect for a balanced lunch.)</i>	Ham & mushroom penne carbonara style <i>(Penne pasta in a creamy parmesan & black pepper sauce)</i>	
	Pork chow mien <i>(Strips of pork and noodles with a sweet & savoury umami flavour.)</i>	Leek & smoked haddock pie <i>(Slightly salty smoky pieces of haddock & white fish, in a rich cream sautéed leek sauce, topped with cheddar mashed potato.)</i>	Cajun butterfly chicken with lime creme fraiche <i>(Spicy garlic chicken, complemented by a cool zingy lime creme fraiche)</i>	Yeung chow fried rice <i>(Chinese style fried rice with pork, ham and prawns.)</i>	Traditional beef Cornish pasty <i>(A classic Cornish pastry filled with tender British beef, potato, swede and onion, lightly seasoned and baked in a golden, hand-crimped pastry case)</i>	Gnocchi & chorizo in a creamy tomato sauce <i>(Gnocchi pieces cooked in a rich creamy tomato sauce topped with mozzarella.)</i>	
	Tofu fried rice <i>(Oriental flavoured tofu, stir-fried with rice, mushrooms and peppers)</i>	Wild mushroom risotto <i>(Short grain rice cooked in a white wine broth, full of meaty mushrooms, finished with thyme & plant-based cream.)</i>	Moroccan Falafel hash & Baba ghanoush <i>(Khobez bread, covered with a blend of roasted aubergine, lemon, garlic and tahini, topped with baby spinach, pomegranate seeds, pumpkin seeds and Moroccan spiced falafel.)</i>	Curried spinach & chickpea filo topped pie <i>(Spinach & chickpeas cooked in a mild curry sauce, topped with delicate layers of crisp filo pastry)</i>	Baked feta crumble topped pasta <i>(Penne pasta with sweet tomatoes & tangy, salty feta cheese.)</i>	Plant based chorizo pasta <i>(Penne pasta in a rich tomato sauce with plant based chorizo sausage)</i>	
Sides & Accompaniments	New potatoes roasted in garlic infused oil & rosemary Tender stem broccoli Steamed carrots Peas	Steamed rice Fine green beans Sweetcorn & peas	Lemon & apricot couscous Roasted peppers & aubergine Pan-fried kale	Mashed potatoes Broccoli Carrots	Traditional chips Garden peas Baked beans	Garlic ciabatta bread Steamed peas Broccoli Sweetcorn	
	Desserts	Jam sponge & Custard Mocha Traybake Cherry Crumble Fresh Fruit	Lemon & Poppyseed cake topped with lemon Buttercream Chocolate trifle Fresh Fruit	Treacle tart & Custard Red velvet cake Fruit Yoghurt Fresh fruit	Apple & Pumpkin seed flapjack Black forest pots Fresh Fruit	Black Bean Brownie Fruit Smoothie Fruit Yoghurt Fresh Fruit	



SUPPER

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mains	SLOW COOKED STEAK PIE <i>(Tender chunks of beef in a rich gravy, topped with a homemade short crust pastry)</i> Colcannon mash Steamed carrots Broccoli	THE CHICKEN CAESAR BURGER <i>(Crispy crumb chicken, in a brioche bun with crisp ice-berg lettuce and Caesar dressing)</i> French fries Buttered mini corn cobs BBQ baked beans	TORTILLA CHIPS BBQ PULLED PORK	ADOBO CHICKEN <i>(Pilipino dish consisting of chunks of chicken, marinated in vinegar, soy sauce, garlic & spices, making it taste tangy, sweet & a little salty.)</i> Steamed rice Wok fried pak choi & sesame Roasted red onion & chia seed	CHICKEN TIKKA MASALA <i>(Roasted, marinated chunks of chicken in a creamy spiced sauce)</i> Steamed rice Sag aloo Naan bread fingers Mini Poppadom's Mango chutney Indian onion chutney Raiti	COLLEGE TRADITIONAL POST MATCH TEA <i>(Pork sausages, from Dennis family butchers, crisp thick cut traditional chips served with lashings of baked beans.)</i> A SELECTION OF CHEF'S SPECIALS	ROAST PORK CARVERY <i>(Roasted succulent pork leg, freshly carved by our team of Chefs, with all the trimmings)</i> Thyme roasted potatoes Apple sauce Fresh carrots Steamed broccoli Honey Roasted Parsnips Gravy
	CREAMY CHICKEN & LEEK PIE <i>(Succulent pieces of chicken, in a creamy leek & white wine sauce, topped with flaky puff pastry.)</i> Colcannon mash Steamed carrots Broccoli	THE SPICY CHICKEN FILLET BURGER <i>(Naked Cajun chicken fillet, with crispy ice-burg lettuce & Sriracha mayo)</i> French fries Buttered mini corn cobs BBQ baked beans	PULLED CHICKEN & BLACK BEAN CHILLI BBQ PULLED JACKFRUIT Smoky sweet potato wedges Guacamole Tomato Salsa Sour cream Nacho cheese sauce Jalapeños	ADOBO CHICKEN <i>(Pilipino dish consisting of chunks of chicken, marinated in vinegar, soy sauce, garlic & spices, making it taste tangy, sweet & a little salty.)</i> Steamed rice Wok fried pak choi & sesame Roasted red onion & chia seed	CHICKEN TIKKA MASALA <i>(Roasted, marinated chunks of chicken in a creamy spiced sauce)</i> Steamed rice Sag aloo Naan bread fingers Mini Poppadom's Mango chutney Indian onion chutney Raiti		Lentil & vegetable wellington with vegan gravy Thyme roasted potatoes Fresh carrots Steamed broccoli Honey Roasted Parsnips
	CURRIED LENTIL & CHICKPEA PIE <i>(Chunky roasted vegetables & lentils cooked with mild curry spices, topped with crunchy filo pastry.)</i> Colcannon mash Steamed carrots Broccoli	SPICY BEAN BURGER <i>(Breaded spicy bean burger with crispy ice-burg lettuce & garlic mayo)</i> French fries mini corn cobs BBQ baked beans		SMOKED TOFU, SHITAKE & POTATO ADOBO <i>(Soy based protein, with a tangy, sweet & a little salty flavour.)</i> Steamed rice Wok fried pak choi & sesame Roasted red onion & chia seed	TOFU MADRAS <i>(Fairly hot flavoured soy protein, in a dark red thick sauce with a slightly tangy note)</i> Steamed rice Sag aloo Naan bread fingers Mini Poppadom's Mango chutney Indian onion chutney Raiti		
	SOUP BAR <i>(A choice of freshly in-house made soups, served with croutons & crusty baked bread)</i>	NOODLE BAR <i>(Thick chop suey style noodles, served with a choice of Asian style sauces)</i>		JACKET POATAO BAR <i>(Crisp, fluffy baked potatoes with a choice of fillings)</i>	PASTA BAR <i>(Penne pasta, served with a choice of two sauces, topped with parmesan cheese & croutons.)</i>		
Desserts	BISCOFF RICE CRISPY CAKE	ICE-CREAM TUBS	SCRUMBLE BAR	CHOCOLATE COOKIES	ICED BLUEBERRY CAKE		APPLE & BLACKBERRY CRUMBLE WITH CUSTARD
	ORANGE JELLY WITH MANDARINS	CHERRY CAKE	FRUIT YOGHURT & JELLY	FRUIT YOGHURT	RASPBERRY PAVALOVA POTS		FRUIT YOGHURTS
	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT		FRESH FRUIT



Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mains	BEEF CHIMICHANGA <i>(Ground beef/kidney bean mixture seasoned with chili, cumin, and oregano. Served in a tortilla wrap, topped with jalapeño tomato sauce & melted cheese.)</i> Smoky sweet potato wedges Coleslaw Sour cream Guacamole	ROAST CHICKEN BREAST WITH YORKSHIRE PUDDING & SAGE & ONION STUFFING <i>(Tender roast chicken breast served with a classic Yorkshire pudding and a savoury sage & onion stuffing.)</i> Sea salt roasted potatoes Steamed carrots Peas Mashed swede	PASTA BAR FUSILLI PASTA TUSCAN PULLED PORK RAGU <i>(Slow-cooked pulled pork in a rich tomato and herb sauce, inspired by Tuscan flavours.)</i> TOMATO & FRESH BASIL <i>(A light and tasty pasta sauce made with ripe tomatoes and freshly chopped basil.)</i>	BBQ PORK RIBEYE STEAK <i>(Juicy pork ribeye steak, marinated in smoky BBQ spice mix.)</i> Cheddar mash Pan fried mushrooms Onion rings	KOREAN CHILLI, SESAME & HONEY CHICKEN Succulent <i>(Chicken pieces cooked in a sweet and mildly spicy Korean-style glaze made with gochujang chilli paste, honey, and toasted sesame oil)</i> Steamed rice Spicy Korean slaw	COLLEGE TRADITIONAL POST MATCH TEA <i>(Pork sausages, from Dennis family butchers, crisp thick cut traditional chips served with lashings of baked beans.)</i> A SELECTION OF CHEF'S SPECIALS	MAPLE GLAZED GAMMON (.) Maple & wholegrain mustard jus Sea salt & black pepper roasted baby potatoes Fresh carrots Sauté leeks & kale Cauliflower cheese Gravy
	FAJITA CHICKEN TACOS <i>(Tex-mex dish consisting of grilled chicken, grilled onions & peppers, spiced with chilli, garlic, cumin & paprika. Served in a crunchy corn taco)</i> Smoky sweet potato wedges Coleslaw Sour cream Guacamole	LENTIL LOAF WITH BALSAMIC ONION GRAVY <i>(Combination of beans, lentils, vegetables and oats, with a firm yet tender and "meaty" texture.)</i>	TUNA, SWEETCORN & BROCCOLI PASTA BAKE <i>(A creamy pasta bake with tender tuna, sweetcorn, and broccoli, topped with a golden cheese crust.)</i>	CHICKEN & PESTO LASAGNE <i>(A twist on the old lasagne we know and love, chicken in a pesto & tomato sauce. Layered between sheets of pasta, topped with a creamy parmesan sauce.)</i> Rosemary & garlic focaccia Mini corn cobs	PORK FRIED RICE <i>(A tasty mix of fluffy rice stir-fried with tender pieces of pork, fresh vegetables, and a light soy-based seasoning.)</i> Chinese curry sauce		PORTOBELLO MUSHROOM WELLINGTON <i>(Savoury and elegant, this Portobello Wellington makes the perfect roast meat alternative.)</i> Mushroom & sage jus Sea salt & black pepper roasted baby potatoes Fresh carrots Sauté leeks & kale Cauliflower cheese Gravy
	KIDNEY BEAN & TOFU QUESADILLAS <i>(Tofu, spiced with Mexican flavours. Sandwiched with melted plant-based cheese, between crisp tortillas.)</i> Smoky sweet potato wedges Vegan Coleslaw Guacamole	ROAST CHICKEN BREAST WITH YORKSHIRE PUDDING & SAGE & ONION STUFFING <i>(Tender roast chicken breast served with a classic Yorkshire pudding and a savoury sage & onion stuffing.)</i> Sea salt roasted potatoes Steamed carrots Peas Mashed swede	TORTELLIONI FORMAGGIO TOSSED IN ROSEMARY OIL <i>(Soft pasta parcels filled with creamy cheese, lightly tossed in fragrant rosemary-infused oil.)</i> Tomato & olive oil focaccia Cheese, garlic & mixed herb bread stick Mixed Italian salad <i>(Cos lettuce, Napoli olives, plum tomatoes, balsamic onions)</i>	VEGGIE SAUSAGE HOTPOT <i>(A hearty and comforting hotpot made with vegetarian sausages, slow cooked with potatoes, carrots, onions, and a rich tomato and herb sauce, finished with a golden potato topping.)</i> Cheddar mash Pan fried mushrooms Onion ring	SPICY KOREAN TOFU <i>(Crispy tofu cubes tossed in a bold Korean-style sauce made with gochujang chilli paste, garlic, soy sauce, and a touch of sesame oil.)</i> Steamed rice Spicy Korean slaw		
	JACKET POATAO BAR <i>(Crisp, fluffy baked potatoes with a choice of fillings)</i>			NOODLE BAR <i>(Noodles served with a choice of sauce or broth)</i>	PASTA BAR <i>(Penne pasta, served with a choice of two sauces, topped with parmesan cheese & croutons.)</i>		
Desserts	CHERRY FLAPJACK FRUIT YOGHURT	GOLDEN SYRUP SPONGE WITH CUSTARD MILLIONAIRE POTS FRUIT YOGHURT	JAM DOUGHNUTS FRUIT YOGHURT	CHOCOLATE FLAKE TRAYBAKE MANGO YOGHURT TOPPED WITH TOASTED COCONUT	LEMON CURD ICED BUN STRAWBERRY JELLY		RED CHERRY PIE & CUSTARD FRUIT YOGHURTS CHEFS CHOICE



SUPPER

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	CHICKEN KATSU CURRY (Crunchy crumbed fried chicken, with a Japanese style sweet curry sauce) Jasmin rice Stir-fry vegetables	CHILLI DOG (Beechwood smoked sausage served in a hot dog roll, topped with cheese, refried beans, jalapeños, Sriracha mayo & crushed nachos) Fries Mini buttered corn cobs	Oven-Baked Jacket Potato <u>Fillings</u> Spicy beef chilli Aromatic chicken curry Hearty baked beans Classic tuna mayonnaise Grated mature cheddar cheese <u>Toppings</u> Smooth sour cream Vibrant avocado salsa Crispy fried onions Fiery jalapeños <u>Pre-loaded Potato skins</u> Caramelised onion, tomato, & plant-based mozzarella Spiced sweet potato	ROAST LAMB CARVERY (Slow cooked leg of lamb, freshly carved by our team of Chefs,) Rich red wine gravy Garlic & rosemary roasted potatoes Broccoli Steamed carrots Roasted cauliflower Peas Gravy LENTIL & SEED ROAST (Flavourful & protein packed, with a crunchy top and a moist centre) Onion gravy Garlic & rosemary roasted potatoes Broccoli Steamed carrots Roasted cauliflower Peas	THE ITALIAN SUB (Toasted Sub roll filled with Italian meats, tomatoes & mozzarella.) Sweet potato fries Coleslaw	COLLEGE TRADITIONAL POST MATCH TEA (Pork sausages, from Dennis family butchers, crisp thick cut traditional chips served with lashings of baked beans.) A SELECTION OF CHEF'S SPECIALS	ROAST BEEF CARVERY (Slow cooked topside of beef, freshly carved by our team of Chefs,) Rich red wine gravy Yorkshire pudding Garlic & rosemary roasted potatoes Fresh carrots Sauté leeks & kale peas Gravy
	CHICKEN KATSU CURRY (Crunchy crumbed fried chicken, with a Japanese style sweet curry sauce) Jasmin rice Stir-fry vegetables	BBQ DOG (Beechwood smoked sausage served in a hot dog roll, topped with Monterey Jack cheese, bacon bit, crispy fried onions & BBQ sauce.) Fries Mini buttered corn cobs			THE JAPANESE SUB Toasted sub roll with teriyaki chicken, peppers, red onion Sweet potato fries Coleslaw		PLANT-BASED MUSHROOM STEAK (Earthy, juicy, mushroom steak, seared a& caramelised.) Plant-based cream & peppercorn sauce Garlic & rosemary roasted potatoes Fresh carrots Sauté leeks & kale Minted peas
	PLANT-BASED CHICKEN KATSU CURRY (Crunchy crumbed fried plant-based chicken, with a Japanese style sweet curry sauce) Jasmin rice Stir-fry vegetables	HAWAII DOG (Smoked plant-based sausage served in a hot dog roll, topped with red onion, grilled pineapple & teriyaki sauce.) fries Mini corn cobs			THE PLANT PANINI (Roasted mushroom, rocket, tomato & plant-based smoked applewood cheese.) Sweet potato fries Coleslaw		
	PASTA BAR (Penne pasta, served with a choice of two sauces, topped with parmesan cheese & croutons.)	JACKET POTATO BAR (Crisp, fluffy baked potatoes with a choice of fillings)			NOODLE BAR (Noodles served with a choice of sauce or broth)		
DESSERTS	MINI DOUGHNUTS & CHOCOLATE SAUCE LIME JELLY TOPPED WITH LIME CREME FRAICHE FRESH FRUIT	CHOCOLATE POPCORN BARS COOKIES FRESH FRUIT	BLACKCURRANT & COCONUT SQUARES TOFFEE YOGHURT FRESH FRUIT	APPLE & BLACKBERRY PIE & CUSTARD BANOFFEE POTS BERRY JELLY FRESH FRUIT	CHOCOLATE CAKE TOPPED WITH BUTTERCREAM & CRUSHED M&MS LEMON DRIZZLE CAKE FRESH FRUIT		CHEFS CHOICE FRUIT YOGHURTS FRESH FRUIT FRESH FRUIT