



CHEL TENHAM
COLLEGE

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Food



Nutrition



VALENS

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mains	<u>JACKET POTATO</u> Cowboy hotpot Baked beans Grated mature cheddar	<u>NOODLES</u> Pork Noodles in black bean sauce Mushroom & Broccoli in Hoisin Sauce	<u>RICE</u> Spanish style chicken, red pepper & butterbean stew Ratatouille & Smoked Tofu	<u>PASTA</u> Bolognaise Eat Curious bolognaise	Homemade sausage Roll Homemade vegan sausage roll	Meatballs in tomato sauce with wholemeal penne pasta
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Salad & Jackets	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day
Dessert	Yoghurt Apples, bananas, orange wedges Beetroot Brownie	Yoghurt Apples, bananas, orange wedges	Yoghurt Apples, bananas, orange wedges Chocolate traybake with custard Maltesers topping	Yoghurt Apples, bananas, orange wedges	Yoghurt Apples, bananas, orange wedges Flapjack	Yoghurt Apples, bananas, orange wedges



VALENS

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mains	<u>PASTA</u> chicken marinara creamy tomato & spinach sauce	<u>RICE</u> Fragrant lemongrass & coconut chicken Mexican bean chilli	<u>GOURMET ROLLS</u> Pork, apple sauce & stuffing Portobello garlic mushrooms & Cheese & crispy onions	<u>Noodles</u> Beef in oyster sauce Chickpea & Broccoli in black bean sauce	<u>JACKET POTATO</u> Cowboy hotpot Baked beans Grated mature cheddar	Wholemeal pasta bolognese Ground beef slow cooked in onions, tomatoes & garlic, giving a rich sauce served with pasta & parmesan cheese
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Salad & Jackets	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day
Dessert	Yoghurt Apples, bananas, orange wedges School cake	Yoghurt Apples, bananas, orange wedges	Yoghurt Apples, bananas, orange wedges Frosted Carrot cake	Yoghurt Apples, bananas, orange wedges	Yoghurt Apples, bananas, orange wedges Custard cream blondie	Yoghurt Apples, bananas, orange wedges



VALENS

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mains	<u>NOODLES</u> Pork Chow mein Teriyaki Tofu, With Baby corn & Broccoli	PASTA Beef bolognese Mediterranean Vegetable & Chickpea	COUSCOUS Moroccan lamb Moroccan Vegetable & Chickpea	<u>JACKET POTATO</u> Cowboy hotpot Baked beans Grated mature cheese	TOASTIES Ham & Cheese Mozzarella & tomato	Ham & mushroom penne carbonara style
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Salad & Jackets	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day	Jacket potatoes & range of salads each day
Dessert	Yoghurt Apples, bananas, orange wedges Rocky road	Yoghurt Apples, bananas, orange wedges	Yoghurt Apples, bananas, orange wedges Lemon & Poppyseed cake topped with lemon Buttercream	Yoghurt Apples, bananas, orange wedges	Yoghurt Apples, bananas, orange wedges Apple & Pumkin seed flapjack	Yoghurt Apples, bananas, orange wedges