



CHEL TENHAM
COLLEGE

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Food



Nutrition

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup Bar	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>
Daily Hot Station	Giant Yorkshire pudding Rustic chicken casserole Moroccan puy lentil & chickpea stew	Noodles Pork in black bean stew Sweet chili vegetables	Rice Spanish chicken with red peppers and butterbeans Mexican black beans & mushroom chilli	Pasta Beef Bolognaise Quorn Bolognaise	Naan Garlic & coriander naan, topped with chicken tikka, mango chutney, & onion bhaji bits Garlic & coriander naan topped with vegetable Balti & paneer	Pasta Meatballs in tomato sauce Plant based meatballs in tomato sauce
Jacket potatoes & Salad Bar						
Dessert	Yoghurt Apples, bananas, orange wedges Beetroot brownie	Yoghurt Apples, bananas, orange wedges	Yoghurt Apples, bananas, orange wedges Iced chocolate sponge	Yoghurt Apples, bananas, orange wedges	Yoghurt Apples, bananas, orange wedges Flapjack	Yoghurt Apples, bananas, orange wedges

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup Bar	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>
Daily Hot Station	Pasta Creamy chicken ham & mushrooms Tomato, basil & mascarpone	Nacho Bar BBQ pulled pork Spiced pulled chicken Spicy black bean Nacho cheese sauce Sour cream, guacamole, salsa, jalapenos. Charred corn, hot sauce	Panini Piri piri chicken Mozzarella, roasted peppers & pesto	Jackets Beef goulash Butterbean & aubergine stew	Sub roll Meatball marinara Plant based meatball marinara	Pasta Beef Bolognaise Quorn Bolognaise
Jacket potatoes & Salad Bar						
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 Jam doughnuts	Yoghurt Apples, bananas, orange wedges

VALENS

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup Bar	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>	Soup of the Day <i>Served with toasted croutons, chili flakes, seeds and freshly baked bread</i>
Daily Hot Station	Giant Yorkshire pudding Rustic chicken casserole Moroccan puy lentil & chickpea stew	Noodles Pork in black bean stew Sweet chili vegetables	Rice Spanish chicken with red peppers and butterbeans Mexican black beans & mushroom chilli	Pasta Beef Bolognaise Quorn Bolognaise	Naan Garlic & coriander naan, topped with chicken tikka, mango chutney, & onion bhaji bits Garlic & coriander naan topped with vegetable Balti & paneer	Pasta Meatballs in tomato sauce Plant based meatballs in tomato sauce
Jacket potatoes & Salad Bar						
Dessert	Yoghurt Apples, bananas, orange wedges Rocky Road	Yoghurt Apples, bananas, orange wedges	Yoghurt Apples, bananas, orange wedges Lemon & poppy seed cake	Yoghurt Apples, bananas, orange wedges	Yoghurt Apples, bananas, orange wedges Apple & pumpkin seed flapjack	Yoghurt Apples, bananas, orange wedges