



CHELtenham
COLLEGE

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Food



Nutrition

VALENS

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mains	Giant Yorkshire pudding Rustic chicken casserole Moroccan puy lentil and chickpea stew	Noodles Pork in black bean sauce Sweet Chilli vegetables	Rice Spanish chicken with red peppers and butterbeans Mexican black bean and mushroom Chilli	Jackets Beef Goulasch Butterbean and aubergine stew	Panini Piri Piri chicken (Peppers, onions, cheese) Mozzarella, roasted peppers and pesto	Pasta with meatballs in tomato sauce Plant based meatballs in tomato sauce
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 and Jackets	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day
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

VALENS

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mains	Jacket potato bar Cowboy Hot Pot Baked beans and cheese	Gourmet rolls Pork, apple sauce and stuffing Portobello garlic mushroom and cheese and crispy onions	Naan Garlic and coriander naan, topped with chicken tikka, mango chutney, and onion bhaji bits Garlic and coriander naan topped with vegetable Balti and paneer	Pasta Ham and mushroom carbonara Penne with plant-based chorizo in tomato sauce	Rice Meatball marinara Plant-based meatball marinara	Beef bolognese Quorn bolognese
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 and Jackets	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day
Dessert	Yoghurt Apples, bananas, orange wedges College 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 blonde	Yoghurt Apples, bananas, orange wedges

VALENS

Week three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mains	Noodles Pork Chow Mein Teriyaki vegetables	Nacho bar BBQ pulled pork Spicy pulled chicken Spicy black bean Nacho cheese sauce Sour cream, guacamole , salsa, jalapeños, charred corn, hot sauce	Couscous Moroccan lamb and chickpea Moroccan chickpea and aubergine stew	Toasties Mac & Cheese with garlic butter salami toastie Goats cheese, caramelised onion chutney and pear toastie	Rice Butter chicken Cauliflower, spinach & chickpea balti	Ham and mushroom carbonara Penne with plant-based chorizo in tomato sauce
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 and Jackets	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day	Jacket potatoes and range of salads each day
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