



CHELtenham
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 Hashbrowns Baked beans Panfried mushrooms Grilled tomato
Eggs	Poached eggs Boiled eggs	Rolled omelette plain Rolled omelette with cheese Boiled eggs	Fried eggs Boiled eggs	Scrambled eggs Boiled eggs	Poached eggs Boiled eggs	Fried eggs Boiled eggs	Mini omelette plain Mini omelette with cheese & tomato
Daily Specials	Pain au chocolate	<u>YOGHURT BAR</u> Over night berry oats Mango smoothie jar topped with granola Natural yoghurt & fruit puree & toppings	Crepes and American pancakes 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	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Smoothie bowls with toppings
Bread	Toasting station with selection of bread	Toasting station with selection of bread	Toasting station with selection of bread	Toasting station with selection of bread	Toasting station with selection of bread	Toasting station with selection of bread	Toasting station with selection of bread
		PLAIN BAGELS /MULTI GRAIN SOFT ROLL		BAGELS/ SCOTCH MORNING ROLL		CINNAMON BAGELS / SCOTCH MORNING ROLL	



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	Rolled omelette plain Rolled omelette with cheese Boiled eggs	Poached eggs Boiled eggs	Fried eggs Boiled eggs	Breakfast frittata Boiled eggs	Poached eggs Boiled eggs	Fried eggs Boiled eggs	Scrambled eggs Boiled eggs
Daily Specials	Mini chocolate & blueberry muffins	Toasted crumpets Toasted crumpets with cheese	Pain au chocolat	Apple lattice	<u>YOGHURT BAR</u> Over night berry oats Blueberry smoothie jar topped with granola Natural yoghurt & fruit puree & toppings	Croissants	Chocolate twist
Daily Breakfast Items	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Smoothie bowls with toppings
Bread	Toasting station with selection of bread Bloomer Bread / Scotch Morning Roll	Toasting station with selection of bread					
			Petit Pain/ Multigrain Soft Roll		Cinnamon Bagel/ Scotch Morning Roll		



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	Rolled omelette plain Rolled omelette with cheese Boiled eggs	Poached eggs Boiled eggs	Fried eggs Boiled eggs	Breakfast frittata Boiled eggs	Scrambled eggs Boiled eggs
Daily Specials	Croissants	Toasted crumpets Toasted crumpets with cheese	Chocolate twist	<u>YOGHURT BAR</u> Over night berry oats Blueberry smoothie jar topped with granola Natural yoghurt & fruit puree & toppings	Belgium waffles Chocolate sauce Fruit compote	Crepes and American pancakes Chocolate orange hummus Maple syrup Sugar and fresh lemons	Pain au choc
Daily Breakfast Items	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Yoghurt station with fruit puree and toppings	Porridge station with toppings Soya Milk Porridge Selection of breakfast cereals Smoothie bowls with toppings
Bread	Toasting station with selection of bread	Toasting station with selection of bread	Toasting station with selection of bread	Toasting station with selection of bread	Toasting station with selection of bread	Toasting station with selection of bread	Toasting station with selection of bread
		Cinnamon Bagels/ Scotch Morning Roll		Petit Pain/ Multi Grain Soft Roll		Blomer Bread/Scotch Morning Roll	



LUNCH

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Spiced bean & lentil soup	Pea & mint soup	Mushroom & tarragon soup	Mushroom & tarragon soup	Tomato & basil soup	Carrot & coriander soup	
Main Meals	Lemon & pepper grilled chicken with cream and parsley sauce (Chicken breast infused with lemon & parsley. Lightly grilled, served with a creamy fresh parsley sauce.)	Hunters Pork (Pork loin steak, topped with cheese, smothered in BBQ sauce.)	Lasagna al forno (Beef lasagne) (Italian dish made of stacked layers of lasagna alternating with beef ragù, béchamel sauce, cheese, and seasoning.)	Soy & honey glazed chicken leg (Succulent chicken, tossed with a sweet-salty glaze made of honey and soy sauce, that caramelises into a sticky coating as it roasts in the oven.)	Crunchy baked breaded fish with homemade tartare sauce (Tender pollock fillets coated in a crispy, golden breadcrumb crust, served with a side of homemade tartar sauce.)	Chicken Alfredo Tricolour Fusilli (Tender chicken breast pieces tossed in a creamy Alfredo sauce, served over vibrant tricolour fusilli pasta.)	Brunch
	Smoked mackerel served with grilled peppers & sun-dried tomato Pesto orzo (Delicately smoked mackerel paired with vibrant grilled peppers, served atop a bed of orzo pasta tossed in a rich sun-dried tomato pesto.)	Fragrant lemongrass & coconut chicken stir fry With rice (Thai inspired chicken & oriental vegetable stir - fry)	Spicy chorizo & harissa barley risotto (A warming barley risotto cooked with spicy chorizo and fragrant harissa, creating a rich, smoky dish with a gentle heat.)	Tomato & basil Gnocchi (Small Italian dumplings, in a rich tomato & fresh basil sauce. Topped with parmesan cheese.)	Chip shop battered sausage (Pork sausage, covered in crisp "Cheltenham college" recipe batter)	Ham & cheese panini (A warm toasted panini filled with sliced ham and melted cheese.)	
	Baked asparagus & cheese frittata (A blend of tender asparagus and creamy cheeses, baked to perfection with fresh eggs and aromatic herbs.)	Moroccan Falafel hash & babba ganoush (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.)	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.)	Tofu Thai cakes with sweet chilli sauce (Crispy Thai style tofu cakes, served with a sweet chilli sauce.)	Mac & Cheese (A classic comfort dish featuring tender macaroni pasta enveloped in a rich, creamy cheese sauce, baked to golden perfection.)	Cannellini bean & pesto pasta (A light, flavourful pasta dish tossed with creamy cannellini beans and fresh basil pesto.)	
Sides and	Halved new potatoes with sea salt & spring onions Green beans Carrots	Potato Wedges Minted peas Steamed carrots Green beans	Garlic Ciabatta bread Peas & sweetcorn Green beans	Steamed Rice Sautéed greens & onions Sesame & ginger carrots Sweetcorn	Traditional chips Mushy peas Baked beans Chip shop style curry sauce	Focaccia bread Mediterranean roasted vegetables Corn on the cob	
Desserts	Butter bean blondie Fresh fruit meringue nest Fresh Fruit	Chocolate traybake with mini m&ms Cherry yoghurt Fresh Fruit	Jam & coconut sponge Lime jelly with cream & sprinkles Fresh Fruit	Banoffee banana bread Fruit yoghurt Fresh Fruit	Cherry shortbread Millionaire yoghurt Fresh Fruit	Blueberry & lemon drizzle Fruit smoothie Fresh Fruit	



LUNCH

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Carrot & lentil soup	Roasted tomato soup	Leek & potato soup	Moroccan chickpea carrot & spinach soup	Zucchini & watercress soup	Roasted sweet potato & carrot soup	
Main Meals	Pork chow mein (Strips of pork and noodles with a sweet & savoury umami flavour.)	Chicken Katsu curry (Crunchy crumbed fried chicken, with a Japanese style sweet curry sauce)	lamb & ratatouille, sweet potato pie (Succulent lamb and flavourful ratatouille vegetables, topped with a creamy sweet potato mash and baked to a golden finish.)	Beef in oyster sauce with noodles (Tender slices of beef stir-fried with crisp vegetables in a savoury oyster sauce, served over a bed of perfectly cooked noodles. A delicious and satisfying dish with rich, umami flavours.)	Crunchy baked breaded fish with homemade tartare sauce (Tender pollock fillets coated in a crispy, golden breadcrumb crust, served with a side of homemade tartar sauce.)	Pizza pasta (Pasta in rich tomato sauce, with pepperoni & ham, topped with mozzarella)	Brunch
	Hibachi chicken with yum yum sauce (Juicy chicken pieces stir fried with tender veggies, drizzled with a slightly spiced sauce.)	Penne pasta in Tomato & mascarpone sauce (Tubes of pasta dough, coated in a creamy tomato & mascarpone sauce.)	Butterfly chicken in a creamy tarragon sauce (Tender butterfly-cut chicken served with a rich, aromatic tarragon cream sauce.)	Chicken & chorizo paella (Rice based dish with chunks of chicken and Spanish chorizo, cooked in a smoky tomato, red pepper & saffron sauce)	Pork burger with caramelised onion & apple chutney & Cheese (Juicy pork patty, topped with caramelised onion & apple chutney, cheddar cheese in a brioche bun)	Ciabatta filled with pesto roasted vegetables and mozzarella (A warm ciabatta packed with pesto-roasted vegetables and creamy melted mozzarella.)	
	Spicy Harissa & tahini tempeh skewers with smoked aubergine mayo (Flavourful tempeh skewers marinated in spicy harissa and creamy tahini, served with a smoky aubergine mayo. A bold and delicious plant-based option.)	Plant based chicken Katsu curry (Crunchy crumbed fried plant-based chicken, with a Japanese style sweet curry sauce)	Italian style Cottage pie (A hearty blend of Mediterranean vegetables and lentils in a rich tomato herb sauce, topped with creamy mashed potato and baked until golden.)	Pan-fried gnocchi with basil & pea pesto topped with parmesan shavings (Delightful potato gnocchi, pan-fried to a golden crisp, tossed in a vibrant basil and pea pesto. This dish is topped with delicate shavings of Parmesan cheese, adding a nutty and savoury finish.)	Garlic Mushroom & spinach penne topped with parmesan (Al dente penne pasta tossed with sautéed garlic mushrooms and fresh spinach, finished with a generous sprinkle of grated Parmesan cheese. A delightful and flavour full vegetarian dish.)	Veggie pizza pasta (A delightful fusion of pizza and pasta, featuring penne tossed with a medley of fresh vegetables, marinara sauce, and Italian herbs, topped with melted mozzarella)	
Sides and	Steamed rice Stir-fry cabbage & leeks Chilli & ginger shredded carrot Prawn crackers	Sticky rice Stir-fry oriental style vegetables	Steamed New potatoes with lemon infused oil Steamed carrots Broccoli	Rosemary focaccia bread Green beans Roasted garlic courgette	Traditional chips Garden peas Baked beans	Garlic bread Peas & sweetcorn Pan fried courgettes	
Desserts	Eaton mess slice Chocolate Trifle Fresh Fruit	Flapjack Biscoff mousse Fresh fruit	Vanilla frosted blueberry sponge Fruit Yoghurt Fresh fruit	Carrot cake Lemon cheesecake pots Fresh fruit	Mocha iced traybake Raspberry yoghurt Fresh fruit	Raspberry marble cake Fruit Smoothie Fresh fruit	



LUNCH

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Spring vegetable & tarragon soup	Primavera spring green soup	Carrot & orange soup	Red pepper & tomat soup	Italian summer soup	Roasted butternut soup	
Main Meals	Lamb moussaka (A classic Greek casserole featuring layers of tender minced lamb, eggplant, and potatoes, all baked to perfection with a rich béchamel sauce and a hint of Mediterranean spices.)	Bacon Mac & cheese (Creamy macaroni and cheese loaded with crispy bacon bits, topped with extra cheese.)	Grilled Za'atar Pork loin steak With Tzatziki (A tender pork loin steak seasoned with fragrant za'atar and grilled, served with cool, creamy tzatziki.)	Turkey & ham pie (A hearty pie filled with tender turkey and savoury ham, enveloped in a creamy sauce, and topped with a flaky, golden pastry crust.)	Hand battered fish with homemade tartare sauce (Tender pollock fillets coated in a crispy, golden breadcrumb crust, served with a side of homemade tartar sauce.)	Meatballs in tomato sauce with wholemeal penne pasta (Meatballs in rich tomato sauce, served with penne pasta)	
	Cajun butterfly chicken with Mediterranean couscous	Mac & cheese (Classic macaroni pasta enveloped in a rich, creamy cheese sauce, baked to perfection with a golden, bubbly top.)	Beef stroganoff (Tender strips of beef cooked in a rich, creamy mushroom and onion sauce, finished with paprika for a classic comfort dish.)	Seafood rice (A flavourful rice dish cooked with a mix of tender seafood and aromatic seasonings for a light, savoury finish.)	Penne with chicken, tomato and mascarpone sauce (Tender chicken tossed with penne pasta in a rich tomato and creamy mascarpone sauce)	Italian meats & mozzarella pretzel roll (A soft pretzel roll filled with a mix of Italian cured meats and creamy melted mozzarella.)	
	Goats cheese & cherry tomato tartan with basil pesto (A delightful tart featuring creamy goat's cheese and sweet cherry tomatoes, baked to a golden crisp. Topped with a fragrant basil pesto, this dish offers a perfect balance of tangy, savoury, and fresh flavours.)	Mac & greens (Creamy macaroni cheese folded with sautéed greens for a comforting, hearty dish with a fresh, flavourful twist.)	Ratatouille & Red Lentil Pie (A wholesome and vibrant pie combining the classic flavours of ratatouille with nutritious red lentils. This dish features layers of tender vegetables, including zucchini, bell peppers, and tomatoes, all simmered in a rich tomato sauce topped in creamy mashed potato.)	Cauliflower cheese crumble tart (Crumbly short crust pastry case, filled with tender cauliflower florets, baked in a rich, creamy cheese sauce, topped with a buttery crumble.)	Fishless finger wrap with vegan tartar sauce (Crispy plant-based fishless fingers wrapped with fresh salad and finished with a tangy vegan tartar sauce.)	Creamy Penne pesto bake topped with roasted seeds (A rich and comforting pasta bake coated in creamy basil pesto, finished with crunchy roasted seeds for added texture and flavour.)	Brunch
Sides and	Minted new potatoes Roasted cumin cauliflower Peas	Garlic Bread Pan fried mushrooms Peas & sweetcorn Crispy onions Green pesto	Green beans Roasted vegetable Wild rice	Buttered Chive Mash Potato Roasted Root Vegetable Sweetcorn	Traditional chips Garden peas Baked beans	Homemade seeded bread Mediterranean roasted vegetables Corn on the cob	
Desserts	Chocolate orange traybake Toffee yoghurt Fruit Smoothie	St Clements sponge White chocolate & raspberry cheesecake	Biscoff tiffin Strawberry crumble & custard pots	Oreo cake topped with Chocolate & Oreos Banana loaf	S'mores Shortbread Cherry yoghurt topped with granola	Jam doughnuts Fruit Smoothie	



SUPPER

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mains	<p>Meatballs in tomato sauce with wholemeal penne pasta (Meatballs in rich tomato sauce, served with penne pasta)</p>	<p>Puff pastry topped Coronation chicken pie</p> <p>Mashed Potatoes Honey roasted carrots Steamed broccoli</p>	<p>Nacho bar</p> <p>BBQ pulled pork</p> <p>Pulled chicken & black bean chilli</p> <p>BBQ pulled Jackfruit</p> <p>Smoky sweet potato wedges Guacamole Tomato Salsa Sour cream Nacho cheese sauce Jalapeños</p>	<p>Honey Roasted gammon With honey & mustard jus (Gammon marinated with honey and finished with a sweet mustard glaze.)</p> <p>Sea salt & rosemary roasted new potatoes Roasted Cauliflower Broccoli Steamed carrots</p>	<p>Chicken parmigiana (Crunchy bread chicken breast, covered in tomato sauce, mozzarella & parmesan.) Garlic steamed new potatoes Green beans Sweetcorn</p>	<p>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 CHEFS SPECIALS</p>	<p>ROAST LAMB CARVERY (Slow cooked leg of lamb, freshly carved by our team of Chefs,)</p> <p>Rich red wine gravy Garlic & rosemary roasted potatoes Fresh carrots Sauté leeks & kale Minted peas Gravy Mint sauce</p>
	<p>Plant based Meatballs in tomato sauce & wholemeal penne pasta (Plant based vegan meatballs, in a rich tomato sauce, served with pasta)</p>	<p>Chorizo spiced pork, sweet red peppers and caramelised onion sausage roll</p> <p>Mashed Potatoes Honey roasted carrots Steamed broccoli</p>		<p>Lentil loaf with balsamic onion gravy (combination of beans, lentils, vegetables and oats, with a firm yet tender and "meat-y" texture.)</p>	<p>Baked portobello mushroom with feta spinach and pumpkin seed (Large mushroom filled with feta & spinach, topped with toasted pumpkin seeds.) Garlic steamed new potatoes Green beans Sweetcorn</p>		
	<p>Assorted Homemade bread & Side salad</p>	<p>Moroccan Sausage roll</p> <p>Mashed Potatoes Honey roasted carrots Steamed broccoli</p>		<p>PASTA BAR (Penne pasta, served with a choice of two sauces, topped with parmesan cheese & croutons.)</p>	<p>Greek Salad bar</p>		
Desserts	Bery jelly	Raspberry & white chocolate muffin loaf	Jam doughnuts	Biscoff cupcake	Jaffa cake cheesecake pots	CHEFS CHOICE	
	Lemon bar	College mess	Vanilla & chocolate pots	Mango fool	Chocolate cornflake bars	FRUIT YOGHURTS	
	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	

