



CHEL TENHAM  
COLLEGE

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Food



Nutrition

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# LUNCH

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Miso vegetable broth	Pea and mint	Curried lentil	White bean, spinach and kale	Tomato and basil	Mushroom and tarragon	Brunch
Main Meals	Portuguese grilled piri piri chicken breast <i>(charred in a chilli-based marinade)</i>	Classic British shepherd's pie <i>(minced lamb in a rich gravy with carrots and peas, topped with fluffy mashed potatoes)</i>	Spanish style chicken, chorizo and butterbean stew <i>(hearty stew with paprika and garlic)</i>	Lasagne al fomo <i>(beef lasagne)</i>	Battered fish with homemade tartare sauce <i>(battered pollock)</i>	Meatballs in tomato sauce with wholemeal penne pasta	
	Indonesian fried rice with mackerel <i>(strongly spiced fried rice, with an earthy, smoky flavour and rich flakes of smoked mackerel)</i>	Pork noodles in black bean sauce <i>(pork strips in a sauce consisting of fermented black beans, garlic, ginger, soy sauce and Chinese vinegar, served with noodles)</i>	Caribbean jerk pork ribeye steak <i>(tender pork ribeye steak, marinated in a sweet, smoky, fiery spice blend)</i>	Fragrant lemongrass and coconut chicken stir fry <i>(Thai inspired chicken and oriental vegetable stir fry)</i>	Fajita chicken pasta bake <i>(aromatic flavours of a classic Mexican fajita, combined with chicken and pasta)</i>	Tuna melt panini <i>(bar marked panini, filled with tuna mayonnaise and melted cheddar cheese)</i>	
	Mexican black bean and mushroom chilli <i>(roasted mushrooms and black turtle beans in a Mexican style spicy tomato sauce)</i>	Root vegetable shepherd's pie <i>(roasted root vegetables and aduki beans in a rich gravy, topped with creamy garlic mashed potatoes)</i>	Tortilla de patatas <i>(a traditional Spanish tapas made with potatoes, onions and eggs)</i>	Roasted vegetable and butternut squash lasagne <i>(roasted peppers, mushrooms and courgettes with lentils in a tomato sauce. Layered between sheets of butternut squash, topped with a rich plant based cream cheese sauce)</i>	Falafel and spinach quarter pounder burger <i>(mild spiced middle eastern style burger with crisp iceberg lettuce and minted mayonnaise, served in a vegan brioche bun)</i>	Plant based meatballs in tomato sauce and wholemeal penne pasta	
	Sides and Accompaniments	Coriander rice  Peas and sweetcom  Green beans	Rustic potatoes with chive butter  Savoy cabbage  Steamed carrots  Peas	Yellow vegetable rice  Steamed kale  Garlic and thyme panfried mushrooms  Sweetcorn	Garlic ciabatta bread  Peas and sweetcom  Broccoli	Traditional chips  Mushy peas  Sweetcorn	
Jacket Potatoes							
Salad Bar							
Desserts	Beetroot brownie and cream	Rice pudding and strawberry compote	Chocolate courgetti cake and cream	Traditional flapjack	Blueberry cupcake	Brookie	
	Fruit yoghurt	Blueberry fool	Berry jelly and custard pots	Oreo panacotta	Tiramisu pots	Fruit smoothie	
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	



# LUNCH

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Minestrone	Tomato & pepper	Tuscan bean & vegetable	Winter vegetable	Chilli & butternut squash	French onion	Brunch
Main Meals	Lancashire Hotpot (Slow cooked tender chunks of lamb, in a rich gravy with carrots & onions, topped with thyme glazed slices of potato)	Cumberland sausage ring & onion gravy (Chunky coarse cut pork sausage seasoned with black pepper & herbs, coiled into a traditional ring)	Seasoned slow roasted chicken Quarter (Quarter of chicken, seasoned with garlic, paprika, sea salt & cracked black pepper.)	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 (Breaded pollock)	Wholemeal pasta bolognaise  (Ground beef slow cooked in onions, tomatoes & garlic, giving a rich sauce served with pasta, and parmesan cheese.)	
	Mac & cheese (Macaroni pasta, in a creamy rich cheddar cheese sauce, topped with parmesan, and crispy fried onions )	Chicken & chorizo paella (Rice-based dish with chunks of chicken and Spanish chorizo, cooked in a smoky tomato, red pepper & saffron sauce)	Chinese pork Noodles	Tandoori roasted chicken with mint yoghurt (Spicy, marinated roast chicken served with a cool mint yoghurt dip.)	Chipshop 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.)	
	Aubergine, tomato & falafel stack with lemon tahini sauce (Layers of aubergine, tomato, & mildly spiced falafel, skewered together, drizzled in a fresh lemon and nutty flavoured tahini dressing)	Plant based Cumberland sausage with red onion marmalade (Made with pea and soy proteins a great vegan alternative to the traditional meat Cumberland sausage.)	Tortellini Fomaggio (Thin sheets of pasta dough, filled with ricotta cheese, coated in a creamy tomato & spinach sauce.)	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	Quorn bolognaise with penne pasta (Vegetarian mince in a rich bolognaise sauce with mushrooms, served with pasta)	
Sides and Accompaniments	Steamed new potatoes coated in thyme-infused oil	Creamy mashed potato	Saute potatoes topped with	Wild rice	Traditional chips	Garlic ciabatta bread	
	Ginger roasted courgettes	Broccoli	crispy onions	Roasted cauliflower	Mushy peas	Medley of Mediterranean	
		Carrots & peas	Peas	Steamed kale	Baked beans	roasted vegetables	
	Steamed carrots		Sweetcorn	Carrots	Curry sauce		
Jacket Potatoes							
Salad Bar							
Desserts	Cherry flapjack	Carrot cake & cream	Forest fruit & vanilla cake	Caramel apple crumble & custard	Custard cream blondie	Chocolate orange cake with chocolate sauce	
	Fruit yoghurt	Pineapple & mango fool	Strawberry panacotta		Fruit yoghurt		



# 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 (Tender pieces of beef cooked slowly in rich gravy with root vegetables, topped in cheddar cheese mashed potato.)  Pork chow mein (Strips of pork and noodles with a sweet & savoury umami flavour.)  Tofu fried rice (Oriental flavoured tofu, stir-fried with rice, mushrooms and peppers)	Parmesan chicken, ratatouille traybake (Chicken breasts, roasted with red peppers, onions, courgettes, aubergines & tomatoes, with a crunchy parmesan topping)  Leek & smoked haddock pie (Slightly salty smoky pieces of haddock & white fish, in a rich cream sautéed leek sauce, topped with cheddar mashed potato.)  Wild mushroom risotto (Short grain rice cooked in a white wine broth, full of meaty mushrooms, finished with thyme & plant-based cream.)	Moroccan lamb & chickpeas (Slow cooked pieces of lamb, cooked in warming, Moroccan spices.)  Cajun butterfly chicken with lime creme fraiche (Spicy garlic chicken, complemented by a cool zingy lime creme fraiche)  Moroccan Falafel hash & baba ghanoush (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.)	Creamy chicken & leek Pie (succulent chunks of chicken in a creamy leek sauce, topped with light flaky pastry)  Yeung chow fried rice (Chinese style fried rice with pork, ham and prawns.)  Curried spinach & chickpea filo topped pie (Spinach & chickpeas cooked in a mild curry sauce, topped with delicate layers of crisp filo pastry)	Battered cod goujons with homemade tartare sauce (Breaded pollock)  Pork & apple burger with caramelised onion chutney & Cheese (Juicy pork and apple patty, topped with caramelised onion chutney & cheddar cheese in a brioche bun)  Baked feta pasta (Penne pasta with sweet tomatoes & tangy, salty feta cheese.)	Ham & mushroom penne carbonara style (Penne pasta in a creamy parmesan & black pepper sauce)  Gnocchi & chorizo in a creamy tomato sauce (Gnocchi pieces cooked in a rich creamy tomato sauce topped with mozzarella.)  Plant-based chorizo pasta (Penne pasta in a rich tomato sauce with plant-based chorizo sausage)		
	Sides and Accompaniments	New potatoes roasted in garlic-infused oil & rosemary  Tender stem broccoli  Steamed carrots  Peas	Bulgar wheat with caramelised onions & parsley  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
		Jacket Potatoes						
Salad Bar								
Desserts	Biscoff tiffin	Jam sponge & custard	Lemon meringue tart	Golden syrup sponge with custard	Apple & pumpkin seed flapjack	Chocolate & oat pudding		
	Fruit yoghurt	Mocha cupcake	Chocolate trifle		Black forest pots	Fruit smoothie		
	Fresh fruit	Cherry crumble pot	Fresh fruit	Red velvet cake	Fresh fruit	Fruit yoghurt		
		Fresh fruit		Fruit yoghurt		Fresh fruit		
				Fresh fruit				





# SUPPER

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meals	<p>Slow cooked steak pie (tender chunks of beef in a rich gravy, topped with a homemade shortcrust pastry)</p> <p>Creamy chicken and leek pie (succulent pieces of chicken, in a creamy leek and white wine sauce, topped with flaky puff pastry)</p> <p>Curried lentil pie (chunky roasted vegetables and lentils cooked with mild curry spices, topped with crunch filo pastry)</p> <p>All served with colcannon mash, steamed carrots and broccoli</p> <p>Soup bar (a choice of freshly in-house made soups, served with croutons and crusty baked bread)</p>	<p>The chicken Caesar burger (crispy crumb chicken, in a brioche bun with crisp ice-berg lettuce and Caesar dressing)</p> <p>The spicy chicken fillet burger (naked cajun chicken fillet, with crispy ice-burg lettuce and siracha mayo)</p> <p>Spicy bean burger (breaded spicy bean burger with crispy ice-burg lettuce and garlic mayo)</p> <p>All served with French fries, buttered mini com cobs, BBQ baked beans</p> <p>Jacket potato bar (crisp, fluffy baked potatoes with a choice of fillings)</p>	<p>Traditional roast pork carvery (slow roasted leg of pork, freshly carved by our team of chefs, with all the trimmings, served with sea salted roast potatoes, sage and onion stuffing, bramley apple sauce, fresh carrots, sprouts, peas, cauliflower cheese, gravy)</p> <p>Beetroot and lentil wellington with pumpkin pesto (beetroot and tasty lentils wrapped in crisp puff pastry, with a pumpkin seed pesto)</p>	<p>Adobo chicken (Pilipino dish consisting of chunks of chicken, marinated in vinegar, soy sauce, garlic and spices, making it taste tangy, sweet and a little salty.)</p> <p>Smoked tofu, shiitake and potato adobo (soy based protein, with a tangy, sweet and a little salty flavour)</p> <p>Served with wild rice and beans, wok fried pak choi and sesame and roasted red onion and chia seeds</p> <p>Smoked haddock and spring onion fishcakes (pieces of smoked haddock fillet, with spring onions and buttery mashed potato, coated in a crunchy parsley and chive breadcrumb. Served on a bed of tender stem broccoli, creamed spinach and leeks)</p> <p>Noodle bar (thick chop suey style noodles served with a choice of Asian style sauces)</p>	<p>Chicken tikka masala (roasted marinated chunks of chicken in a creamy, spiced sauce)</p> <p>Tofu Madras (fairly hot flavoured soy protein in a dark red, thick sauce with a slightly tangy note)</p> <p>Served with steamed rice, sag aloo, naan bread fingers, mini poppadom's, mango chutney, Indian onion chutney and raita</p> <p>Pasta bar (penne pasta served with a choice of two sauces, topped with pamesan cheese and croutons)</p>	<p>College traditional post match tea (pork sausages, from Dennis family butchers, crisp thick cut traditional chips served with lashings of baked beans)</p> <p>A selection of chef's specials</p>	<p>Roast turkey carvery (roasted succulent turkey breast, freshly carved by our team of chefs, with all the trimmings)</p> <p>Lentil and seed roast (flavourful and protein packed, with a crunchy top and moist centre)</p> <p>Served with gravy, thyme roasted potatoes, cranberry and toasted pumpkin seed stuffing, fresh carrots, steamed broccoli and honey roasted parsnips</p>
	Salad bar						Salad bar
Desserts	<p>Biscoff rice crispy cake</p> <p>Orange jelly with mandarins</p> <p>Fresh fruit</p>	<p>Ice cream tubs</p> <p>Cherry cake</p> <p>Fresh fruit</p>	<p>Apple and cinnamon crumble and custard</p> <p>Raspberry cheesecake pots</p> <p>Fresh fruit</p>	<p>Chocolate cookies</p> <p>Fruit yoghurt</p> <p>Fresh fruit</p>	<p>Blackcurrant cake</p> <p>Raspberry pavlova pots</p> <p>Fresh fruit</p>		<p>Chef's choice</p> <p>Fruit yoghurts</p> <p>Fresh fruit</p>





# SUPPER

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meals	<p>Beef chimichanga (Ground beef/refried bean mixture seasoned with chili, cumin, and oregano. Served in a tortilla wrap, topped with jalapeño tomato sauce &amp; melted cheese.)</p> <p>Fajita chicken tacos (Tex-mex dish consisting of grilled chicken, grilled onions &amp; peppers, spiced with chilli, garlic, cumin &amp; paprika. Served in a crunchy corn taco)</p> <p>Kidney bean &amp; smoked seitan quesadillas (Plant-based seitan made from wheat gluten protein, with a chicken-like texture spiced with mexican flavours. Sandwiched with melted plant-based cheese, between crisp tortillas.)</p> <p><i>All served with Smoky sweet potato wedges Vegan coleslaw Guacamole</i></p> <p>Jacket potato bar</p>	<p>Frango assado (portuguese piri piri chicken)</p> <p>Arroz de tomate (Roasted tomato rice)</p> <p>Couve salteada (Sautéed kale)</p> <p>Salada verde (Portuguese green salad)</p> <p>Frango assado (portuguese piri piri chicken)</p> <p>Arroz de tomate (Roasted tomato rice)</p> <p>Couve salteada (Sautéed kale)</p> <p>Salada verde (Portuguese green salad)</p> <p>Caril de couve-flor e grão-de-bico (Cauliflower &amp; chickpea curry)</p> <p>Arroz de tomate (Roasted tomato rice)</p>	<p>Traditional roast beef With yorkshire pudding &amp; horseradish sauce (Slow roasted silverside of beef, with all the trimmings.)</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><i>All served with Sea salt roasted potatoes Steamed carrots Peas Mashed swede Brussel sprouts</i></p>	<p>Chicken kiev pasta bake (Tender pieces of chicken &amp; pasta in a creamy garlic sauce, topped with crunchy garlic breadcrumbs &amp; grated cheese.)</p> <p>Chicken kiev pasta bake (Tender pieces of chicken &amp; pasta in a creamy garlic sauce, topped with crunchy garlic breadcrumbs &amp; grated cheese.)</p> <p><i>All served with Sweet potato fries Peas &amp; sweetcorn</i></p> <p>Seitan stir-fried noodles (Seitan, a protein made from gluten, stir-fried with chilli oil, garlic &amp; ginger, tossed amongst delicious udon noodles.)</p> <p>Posh beans on toast bar (Choice of different flavoured baked beans served on toasted bloomer bread topped with grated cheese)</p>	<p>Bbq pork ribeye steak (Juicy pork ribeye steak, marinated in smoky BBQ spice mix.)</p> <p><i>Served with Cheddar mash Pan fried mushrooms Onion rings</i></p> <p>Chicken &amp; smoked bacon lasagne (A twist on the old lasagne we know and love, using chicken and smoked bacon in a mascarpone &amp; tomato sauce. Layered between sheets of pasta, topped with a parmesan.)</p> <p><i>Served with Rosemary &amp; garlic focaccia Mini corn cobs Ciabatta bread filled with grilled vegetable &amp; melted mozzarella Piri piri coleslaw Rustic sea salt &amp; chive potatoes</i></p> <p>Noodle bar (Noodles served with a choice of sauce or broth)</p>	<p>College traditional post match tea (Pork sausages, from dennis family butchers, crisp thick cut traditional chips served with lashings of baked beans)</p> <p>A selection of chef's specials</p>	<p>Maple glazed bacon loin carvery (Maple roasted juicy bacon loin, freshly carved by our team of chefs.)</p> <p>Portobello mushroom wellington (Savoury and elegant, this portobello wellington makes the perfect roast meat alternative.)</p> <p><i>All served with Maple &amp; wholegrain mustard jus Sea salt &amp; black pepper roasted baby potatoes Fresh carrots Sauté leeks &amp; kale Cauliflower cheese Gravy</i></p>
Salad bar							Salad bar
Desserts	<p>Biscoff rice crispy cake</p> <p>Orange jelly with mandarins</p>	<p>Ice cream tubs</p> <p>Cherry cake</p>	<p>Apple and cinnamon crumble and custard</p> <p>Raspberry cheesecake</p>	<p>Chocolate cookies</p> <p>Fruit yoghurt</p>	<p>Blackcurrant cake</p> <p>Raspberry pavlova pots</p>		<p>Chef's choice</p> <p>Fruit yoghurts</p>



# SUPPER

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meals	<p>Chicken katsu curry (Crunchy crumbed fried chicken, with a japanese style sweet curry sauce)</p> <p>Plant-based chicken katsu curry (Crunchy crumbed fried plant-based chicken, with a japanese style sweet curry sauce)</p> <p>Pasta bar (Penne pasta, served with a choice of two sauces, topped with parmesan cheese &amp; croutons.)</p>	<p>Chilli dog (Beechwood smoked sausage served in a hot dog roll, topped with cheese, refried beans, jalapeños, sriracha mayo &amp; crushed nachos)</p> <p>Bbq dog (Beechwood smoked sausage served in a hot dog roll, topped with monterey jack cheese, bacon bit, crispy fried onions &amp; BBQ sauce.)</p> <p>Hawaii dog (Smoked plant-based sausage served in a hot dog roll, topped with red onion, grilled pineapple &amp; teriyaki sauce.)</p> <p><i>All served with Sea salt &amp; black pepper fries Cheesy fries Spicy fries Mini buttered com cobs</i></p> <p>Jacket poatao bar (Crisp, fluffy baked potatoes with a choice of fillings)</p>	<p>Roast chicken (Juicy, breast of chicken, in a roast chicken &amp; thyme gravy)</p> <p>Lentil &amp; seed roast (Flavourful &amp; protein-packed, with a crunchy top and a moist centre)</p> <p><i>All served with Sage stuffing Yorkshire pudding Garlic roasted potatoes Broccoli Steamed carrots Roasted cauliflower Peas</i></p>	<p>The italian sub (Toasted sub roll filled with italian meats, tomatoes &amp; mozzarella.)</p> <p>Sweet potato fries Coleslaw The japanese sub Toasted sub roll with teriyaki chicken, peppers, red onion</p> <p>Sweet potato fries Coleslaw The plant panini (Roasted mushroom, rocket, tomato &amp; plant-based smoked applewood cheese.)</p> <p>Noodle bar (Noodles served with a choice of sauce or broth)</p>	<p>Sweet n sour chicken cantonese style (Tender pieces of chicken in a sweet pineapple, &amp; sour vinegar sauce.)</p> <p><i>Served with Egg fried rice Stir-fry peppers, onions, mange-tout, water chestnuts</i></p> <p>Grilled tofu satay skewers (Skewered chunks of tofu grilled, covered in a stunning nut free satay sauce.)</p> <p><i>Served with Noodles Stir-fry peppers, onions, mange-tout, water chestnuts</i></p> <p>Pasta bar (Penne pasta, served with a choice of two sauces, topped with parmesan cheese &amp; croutons.)</p>	<p>College traditional post match tea (Pork sausages, from dennis family butchers, crisp thick cut traditional chips served with lashings of baked beans.)</p> <p>A selection of chef's specials</p>	<p>Roast lamb carvery (Slow cooked leg of lamb, freshly carved by our team of chefs,)</p> <p>Plant-based mushroom steak (Earthy, juicy, mushroom steak, seared a&amp; caramelised. )</p> <p><i>All served with Rich red wine gravy Garlic &amp; rosemary roasted potatoes Fresh carrots Sauté leeks &amp; kale Minted peas Gravy Mint sauce</i></p>
Salad bar							Salad bar
Desserts	<p>Mini doughnuts &amp; chocolate sauce Lime jelly topped with lime creme fraiche Fresh fruit</p>	<p>Chocolate popcorn bars Cookies Fresh fruit</p>	<p>Apple &amp; blackberry pie &amp; custard Banoffee pots Berry jelly Fresh fruit</p>	<p>Chocolate ganache tart Lemon drizzle cake Fresh fruit</p>	<p>Chocolate brownie Blackberry &amp; coconut squares Fresh fruit</p>		<p>Chefs choice Fruit yoghurts Fresh fruit</p>